The Mendelssohn Club Cook Book

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The Mendelssohn Club Cook Book

THIS BOOK
CONTAINS 1394 VALUABLE RECEIPTS
WITH INSTRUCTIONS FOR
COOKING AND SERVING THEM
ALSO
MENUS FOR SOCIAL FUNCTIONS.

Compiled by
The Active Me
Rockford, Illin
1909.

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Mendelssohn Club.

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Oak
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TO OUR BELOVED
PRESIDENT,

MRS. CHANDLER STARR,

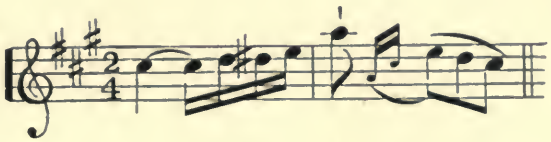
Pre-eminently a natural leader and master of details,
to whose keen instinct and constructive ability
we are so greatly indebted,
and whose genius and faith have constantly
instilled in us the
vital principal of success,

THIS BOOK IS AFFECTIONATELY DEDICATED.

MENDELSSOHN CLUB COMMITTEE.

We know that things quite pretty
are most pleasing to the eye;
That sweet, harmonious music
calms the soul's great eager cry;
But we also know the longing
that the stomach often feels,
'Tis then you'll find quite charming
what our useful book reveals.

—*Nan Lakin.*



THE PRELUDE.

"In every work, regard the writer's end
Since none can compass more than they intend,
And if the means be just, the conduct true,
Applause, in spite of trivial fault, is due."

—Pope.

There is still in existence a tradition, well grounded but not well founded, to the effect that the artistic temperament and the domestic sciences have but little in common; that they blend about as harmoniously as the proverbial oil and water. Just who is responsible for its origin is not known, but undoubtedly it comes down to us from the dark ages, as one who had any light on the subject could never have been so blinded to the truth. However, truth and tradition often meet as strangers.

That a musician may also be an accomplished cook, is demonstrated every day. And why not? Are not both accomplishments classified under that much abused name of Art? True, one may be "art for art's sake" and the other, art for the stomach's sake; but, nevertheless, both are found in the same category. And one familiar with art in any of its branches is already partially equipped to understand its many phases. For example, harmony is a basic principal in music, pursued with never ceasing vigilance, and what is more important in household economics than harmony, even in the culinary department?

This argument is not intended as a vindication, for the position taken does not require that. It is merely for the enlightenment of any who hitherto may have sat in darkness. A word to the scoffer is sufficient.

Richard Strauss, in his tone-poem, the "Domestic Symphony", has shown us that even the greatest of modern composers is thoroughly conversant with the smallest details of housekeeping, and is able to reproduce all the musical sounds so dear to the housewife's ear, from the crying of the baby to the fall of the favorite bric-a-brac. And how often is that great artist, Ernestine Schumann-Heink, whom we are proud to claim as an American citizen and who has so generously contributed to this little volume, quoted as an illustration of the model housewife and mother.

Other examples might be quoted, ad infinitum, but it is unnecessary when we have constantly before us the Mendelssohn Club, among whose prominent members are culinary artists of acknowledged worth and unrivaled genius. Allow me to say here, for the benefit of the unitiated, that it is an erroneous idea to suppose that conversation at the club's "social sessions" is devoted to musical matters. On the contrary, that subject is usually tabooed in favor of the latest discovery in domestic science, while those who have not yet assumed household cares listen in wide-eyed wonder to learned dissertations by the older and wiser members, on such vital topics as "In What Time Should an Egg be Beaten," "How Many Bars Should be Used of Laundry Soap," "In What Key Should the Tea-Kettle Sing to Denote the Boiling Point" and "What Should be the Composition of an Angel-food Cake to Make it a Perfect Symphony?"

It was at one of these social sessions that the subject of providing furnishings for the new Mendelssohn Hall was introduced for discussion. Funds were needed, and it was the wish of the club to provide the necessary amount without drawing upon the emergency fund. The suggestion came "Why not publish a cook-book?" Instantly two score voices echoed, "Cook-book," and the die was cast. The suggestion had struck a responsive chord.

For months the active members of the club, individually and collectively, have worked to make this new venture a success and to sustain the reputation they hold in every field they have entered, of giving always the best. That home duties and the practical side of life have not been lost sight of nor neglected in the quest of the most beautiful of all the arts, is proven by the issuance of this little volume. From cover to cover, its pages will be found brimming over with invaluable information for the home-maker.

With its customary broad-mindedness, the club has recognized the fact that there are other famous cooks, and many have

generously responded to the invitation to contribute something from their choicest store. To those who have assisted in making the Mendelssohn Club Cook-Book one of the best ever issued, the club here expresses its grateful appreciation.

With the publishing of this book, the club celebrates its silver anniversary. For a quarter of a century it has endeavored to stand for all that is highest and best in music, and year after year there has been a constant growth, always onward and upward. With pardonable pride we place this work before the public, our first effort to prove that the pursuit of music is not all-absorbing, but all-embracing; that, as Goethe has expressed it, "Level roads run out from music to every side;" and that its possession fits one not only to adorn the concert stage and the drawing room, but to shine with added lustre in the home, as the light that never fails.

—Ethel Van Wie.

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"With weights and measures just and true,
Oven of even heat;
Well buttered tins and quiet nerves,
Success will be complete."

TABLE OF WEIGHTS AND MEASURES.

3	cups wheat flour make	1 pound.
3½	cups corn-meal make	1 pound.
1	large coffee-cup granulated sugar makes	½ pound.
1	large coffee-cup dry brown sugar makes	½ pound.
1½	cups firm butter pressed down make	1 pound.
1	cup raisins makes	½ pound.
10	eggs make	1 pound.
1	white of egg makes	1 ounce.
1	yolk of egg makes	1 ounce.
16	ounces make	1 pound.
4	teaspoons make	1 tablespoon.
4	tablespoons make	½ gill.
8	tablespoons make	1 gill.
2	gills make	½ pint.
2	pints make	1 quart.
4	quarts make	1 gallon.
8	quarts make	1 peck.

TABLE OF MEASURES FOR SERVING.

¾ pound coffee makes 1 gallon or 25 cups.
1 pound coffee serves 33 people.
1 gallon ice cream in bulk serves 30 people.
1 2-quart brick ice cream makes 16 slices.
1 gallon water ice serves 40 people.
1 3-pound chicken makes 2 quarts salad.
2 quarts salad serves 12 or 14 people.
1 regular size cake makes 20 squares.
1 medium size loaf of bread makes 10 large or 20 three-cornered sandwiches.
2 quarts soup serves 6 or 8 people.
1 quart oysters, creamed, fills 12 large patties.
1 large chicken makes 20 croquettes.
In catering for a large company provide for two-thirds of the number invited.

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Skirts,

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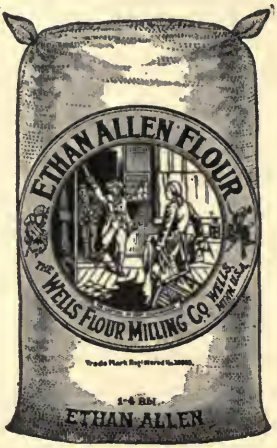

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CHAPTER I.

BREAD.

It is truly said, bread is the staff of life. There is hardly any food which is so universally used, and since history first began it has, in some form or other, made one of the staples of diet among the peoples of the earth. While it is a far stretch from the leavened bread of the ancient Egyptians and Greeks, or the crude corn bread of the Kafirs and American Indians, to the fancy products of the mammoth modern bakeries, the fact remains, that to-day bread still yields the greatest amount of nourishment for the least labor and cost, of any of the purely vegetable foods. The reason for the importance of bread is very simple. Ever since the far off days when the ancients first found the wild cereals, and our fore-fathers began to cultivate them, men have known that food prepared from them would support life and strength better than any other food. And although in our own land the ease with which we can get other food makes bread seem less important, it is as true to-day for the host to say, in asking the guest to partake of his fare, as it was for Him two thousand years ago, when He said, "Let me set a morsel of bread before thee; and eat, that thou mayst have strength, when thou goest thy way."

Hop Yeast.

Put 1 cup hops in 3 quarts cold water. Boil 15 minutes, strain, set back on stove and add 5 large potatoes, peeled and grated, ½ cup salt, same of sugar. Stir well, let boil up, take off, cool and add a cup of yeast. Beat thoroughly and set by the stove until it is light. If preferred, the potatoes may be boiled in the hop water, and then mashed, adding salt, sugar, and yeast as above.

Potato Yeast.

Take 3 large potatoes, peel and cut up. Pour on 1 quart boiling water and cook ½ hour. Add ½ cup sugar and same of salt, shortly before it is done. When sufficiently cool, put in any good yeast to raise it, and stir well together. The next day it will be as light as foam. A teacup of this yeast will be enough to raise 4 or 5 loaves of bread.

Bread in a Mixer.

Set sponge with 1 compressed yeast cake in 1 teacup warm water, with flour enough to make a thin batter. Let rise till light then add 1 quart warm milk, which has been scalded and cooled; ¾ teacup melted lard, 1 even tablespoon salt, and 1 heaping tablespoon sugar, and 3 quarts flour. Stir in the mixer 10 minutes, then set to rise again. When light stir 5 minutes longer, then turn out on the board and mold into loaves, using as little flour as possible. Raise again about ¾ hour and bake ¾ to 1 hour. Set the sponge about 7 o'clock in the morning and the bread will be out of the oven by 12:30, or 1 o'clock the same day.

—Mrs. George Needham.

Whole Wheat Bread.

Cook 1 medium size potato, mash well and add sufficient warm water to make 1 quart, salt, 1 dry yeast cake dissolved in a little warm water, 1 large spoonful lard. Make a soft batter with white flour. Let stand over night. In the morning add ½ cup molasses, ½ teaspoon soda (scant), knead with whole wheat flour. Let it rise twice its bulk, mold into loaves and let rise again. Bake ¾ to 1 hour.

—Susan Whittlesey.

Sour Milk Bread.

After dinner take 1 pint of buttermilk or nice sour milk and scald until it boils, stirring all the time to prevent curd forming. Then stir in flour enough to make batter, let cool until luke warm, add 1 yeast cake which has been soaked in ½ cup cold water, beat well together and set in warm place until bed time, then set sponge with 1 quart warm water, 2 teaspoons sugar, 1 tablespoon lard, and lastly add yeast, cover and set in warm place. Add salt and knead well in the morning when it has raised; make into loaves, and grease each loaf with lard, which insures a tender, brown crust, and bake 1 hour in a moderate oven.

Salt-Rising Bread.

Stir 1 heaping teaspoon cornmeal in ½ cup scalding fresh milk at night. Put in bowl and set in a warm place. In the morning take 1 pint warm water, not scalding, a pinch of salt, and make a batter with flour, so it will drop off a knife. Stir in the mixture that has stood over night, beat it well, set it in a kettle of warm water, and keep at an even temperature. It will be light in about 2 hours. Then add 1½ pints warm water, 1 teaspoon salt and flour to work into loaves. Knead until smooth, put into bread pans, set in warm place to rise, then bake.

Fruit Bread.

Take 1 quart of sponge and add 1 cup raisins; 1 cup currants; ¾ cup sugar (scant); 1 teaspoon cinnamon; ½ teaspoon cloves; a little grated nutmeg; butter size of an egg; flour to make stiff, and proceed as with bread, raising twice.

—Susan Whittlesey.

Nut Bread.

Two eggs; ½ cup molasses; 1 cup sour milk; ½ cup sweet milk; 2 small tablespoons sugar; 1 teaspoon salt; 2 level teaspoons baking powder; 1 small teaspoon soda; ¾ cup chopped nuts; 2 cups graham flour; 1½ cups white flour. Bake 45 minutes.

—Mrs. L. W. Miller, Beloit.

Nut Graham Bread.

Two cups sour milk; 1 teaspoon soda; ⅔ cup molasses; 2 cups graham; 1 cup flour; ⅔ cup pecans; pinch of salt. Bake one hour.

—Miss Lander.

Graham Bread.

One-half cup sugar; butter size of an egg; 1 egg; 1 cup sweet milk; 1 cup sour milk; 1 teaspoon soda stirred in sour milk; 1 teaspoon salt; about 2½ cups graham flour. Bake in a moderate oven 45 minutes.

—Mrs. Landerdale, (Wis.)

Graham Bread.

One cup white flour; 2 cups graham flour; 3 teaspoons baking powder; 1 teaspoon salt; 2 cups milk.

Add raisins if preferred.

Makes one loaf.

—Mrs. J. L. Keep.

Nut Bread.

Four cups flour; 2 cups milk; 1 tablespoon sugar; 1 teaspoon salt; 4 small teaspoons baking powder; let stand 20 minutes, then add 1 cup chopped nut meats. Bake ¾ of an hour.

Oatmeal Bread.

Three cups oatmeal; 4 cups boiling water poured over oatmeal. When cool add ⅔ yeast cake, 1 large tablespoon salt, ½ cup molasses, ½ teaspoon soda (scant.) Mix with white flour and raise. Knead into loaves, raise again, and bake about one hour.

—Mrs. F. M. Needham.

Graham Bread With Dates and Nuts.

Two eggs; 1 salt spoon salt; ½ pound dates; 1 cup sugar; 2 cups milk; 4 rounding teaspoons baking powder; 4 cups unsifted graham flour; 1 cup chopped walnuts. Beat eggs, add salt, sugar and milk, mix baking powder with flour and save a little flour to mix with nuts. Let stand 20 minutes and bake from 45 to 50 minutes in a moderate oven.

—Mrs. Carson.

Scotch Short Bread.

Cream 1 pound butter and gradually work in 2 pounds flour. Add ¼ pound granulated sugar, 2 ounces blanched almonds, ½ ounce caraway seeds. Work until perfectly smooth, and roll out in large squares about 1 inch thick. Prick the top and cover with strips of candied orange or lemon peel. Bake in moderate oven, about half an hour.

English Saffron Bread.

Take 1 tablespoon saffron leaves, pour over them 1 cup hot water and let steep a few minutes. When cool add 2 cups bread sponge, ½ cup raisins, ½ cup currants, ½ ounce citron, ½ cup sugar and 1 tablespoon butter. Flour to make stiff and continue as with bread, raising twice.

Brown Bread.

One and one-half cups graham flour; 1½ cups wheat flour; 1½ cups sour milk; ⅔ cup molasses; 1 teaspoon soda in a little water; 1 teaspoon salt; 1 cup raisins. Bake in slow oven 1½ hours.

—Mrs. J. V. Riley.

Boston Brown Bread I.

Three cups corn meal; 1½ cups molasses; 2 cups flour; 1 quart sweet milk; 1 teaspoon salt; 2 teaspoons cream of tartar; 1 teaspoon soda. Steam 4 hours. The water must be boiling hot when dish is put in, and must not be allowed to stop boiling during that time.

Boston Brown Bread II.

Two cups wheat flour; 2 cups corn meal; 1 cup sweet milk; 1 cup sour milk; 1 cup molasses; 1 teaspoon salt; 1 teaspoon soda dissolved in a little hot water. Put in baking powder tins or one round cake tin and steam 3 hours, then bake half an hour; 1 cup of raisins may be added if desired. Never fails.

—Mrs. J. L. Keep.

Boston Brown Bread III.

One pint corn meal; 1 pint graham flour; 1 pint sweet milk; ½ teacup molasses; 1 teaspoon salt; 1 teaspoon soda; 2 eggs. Steam 3 or 4 hours.

—Miss Lander.

Steamed Brown Bread.

1 cup sweet milk; 1 cup sour milk; ½ cup molasses; ½ cup raisins; 2 cups corn meal; 1 cup flour; 1 teaspoon soda. Steam 3 hours.

—Mrs. M. B. St. John.

Corn Bread I.

One and one-half cups corn meal; ½ cup flour; 1 teaspoon salt; 2 teaspoons baking powder; 1 tablespoon sugar; 2 tablespoons lard; 2 eggs. Wet to consistency of thin batter with sweet milk and bake in a moderate oven.

—Mrs. W. C. Blinn.

Corn Bread II.

Three tablespoons corn meal; 1 tablespoon flour; pinch of salt; add 1 cup sweet milk, 1 egg and ½ teaspoon baking powder. Stir well, put in greased tins, and bake till done. For three people.

Sweet Corn Bread.

One and one-half cups sour milk; 1¼ cups sugar; 1 teaspoon soda; 1 tablespoon butter; 1 egg; salt; 1 cup of corn meal and enough white flour to make stiff.

—Mrs. E. M. Heiliger.

Johnny Cake I.

[illegible] 2 table-

Bread Muffins.

One quart stale bread broken into bits; 1 pint sweet milk; 3 eggs; 1 tablespoon melted butter; 1 cup flour; 1 heaping teaspoon baking powder. Soak the bread in the milk 15 minutes then stir and beat to a paste with spoon. Add well beaten yolks of eggs, butter and flour which has been sifted with the baking powder. Fold in carefully the well beaten whites of the eggs and bake 20 minutes in a quick oven.

—Mrs. William S. Miller.

Graham Gems I.

One cup sour cream; 2 tablespoons sugar; 2 tablespoons melted butter; 2 eggs; 1 teaspoon soda, dissolved in a little milk; 1 pint graham flour; ¼ teaspoon salt. Put eggs in the cream and beat, then add graham flour, butter, sugar and dissolved soda and salt. Bake 20 minutes in gem irons in a hot oven. Have irons heated before putting in mixture.

—B. E. S.

Graham Gems II.

One and one-half cups sour milk; ½ cup sour cream; level teaspoon soda; heaping tablespoon sugar; salt; ½ cup flour; 2 cups graham flour. Have ready iron gem pans which have been buttered and heated smoking hot. Bake in quick oven.

Graham Gems III.

Two cups milk; 1 cup white flour; 2 cups graham flour; 1 teaspoon salt; 4 tablespoons sugar; 2 teaspoons cream of tartar; 1 scant teaspoon soda; 2 tablespoons melted butter. H
very hot, drop spoonful in each division and ba

Short Biscuit.

One quart flour; 2 teaspoons baking powder; 1 teaspoon salt; ½ cup shortening. Milk enough to make a soft dough. Bake in a quick oven. —Mrs. George Needham.

Tea Rolls.

One quart flour; 1 teaspoon sugar; 1 tablespoon lard; 1 tablespoon butter; scant teaspoon salt; ½ yeast cake dissolved in a little water; mix well with 1 cup sweet milk. Set at 1 o'clock, let rise, work well at 4:30. Let rise again and bake.

Corn Meal Puffs.

Scald 1 cup milk, add to it 1 tablespoon of butter, ¼ teaspoon of salt and stir in 1 scant half cup of yellow cornmeal. Stir and let thicken a few minutes, then cool. Add 2 eggs beaten without separating. Sift together ¼ cup of flour, 2 teaspoons of baking powder and 3 tablespoons of sugar and add to the first mixture. Mix well, turn into hot greased pans and bake 15 minutes in hot oven. Makes one dozen delicious cakes. —Mrs. Hill.

Feather Muffins.

One cup of flour; 1 cup of milk; 2 eggs (beaten separately); butter size of an egg; 1 teaspoon baking powder; ¼ teaspoon salt. Into the beaten yolks stir the milk, flour (which has been sifted); baking powder, salt and the butter (melted); last the whites well beaten. Bake in a quick oven. —Mrs. Wait Talcott.

Corn Bread or Muffins.

One-half cup of butter; ½ cup of sugar; 1 cup of milk; ½ cup of corn meal; 2 cups of wheat flour; 3 teaspoons of baking powder; 3 eggs. Cream the butter and sugar, add the milk, yolks of eggs well beaten, corn meal, wheat flour with baking powder sifted cup flour. Lastly the stiffly beaten whites of the eggs. Bake 20 minutes. —Mrs. W. T. Robertson.

Pop Overs.

Two eggs; 1 cup milk; 1 cup flour; pinch of salt. Beat eggs until very light, gradually add the milk. Pour this mixture a little at a time over the flour to which the salt has been added, beating all the while. Strain this batter through a sieve and beat again. Have iron gem pans buttered and heated until smoking hot. Fill about half full with the batter and bake in quick oven 30 minutes or until well browned. —Miss Lander.

Coffee Cake or Muffins.

One large tablespoon butter; 2 large tablespoons sugar; 1 cup sweet milk; 2 eggs; 3 teaspoons baking powder; 2 cups flour. Spread in pan, sprinkle well with sugar and cinnamon and bake in quick oven about 25 minutes. May also be baked in muffin tins.

—Mrs. Birdena Farwell Merritt.

Muffins I.

Two tablespoons sugar and 2 tablespoons butter creamed; 2 eggs and a little salt, beaten into the butter and sugar; 1 cup sweet milk; 2 cups flour; 3 teaspoons baking powder.

—Caroline Radecke.

Muffins II.

One-fourth cup butter; 1 tablespoon sugar; 1 egg; ¾ cup milk; 1½ cups flour; 2½ teaspoons baking powder; pinch of salt. Cream butter, add sugar and yolk well beaten. Sift baking powder with flour twice, add to first mixture, alternating flour with milk. Add the salt to the white of the egg, beat to a stiff froth and stir this in the last thing. Bake in buttered tins 25 minutes.

—Mrs. F. H. Moffatt.

Muffins III.

One egg; 1 cup sour milk; ½ teaspoon soda; 1 teaspoon salt; 1 teaspoon baking powder; 1 tablespoon melted butter; enough flour to stiffen. This makes about 6 muffins.

—Leola Arnold.

Blue Berry Muffins.

One pint flour; 1 pint blueberries; 1 teaspoon baking powder; ½ teaspoon salt; 1 tablespoon sugar; ¼ to ⅓ cup lard. Soon milk enough to make a thick batter, and bake in a quick oven.

—Mrs. S. F. Needham.

Parker House Rolls.

Two quarts of flour. Make a hole in the top, put in a piece of butter size of an egg, a little salt and 1 tablespoon of white sugar. Pour over this 1 pint of milk previously scalded and cooled, and 1 compressed yeast cake. When the sponge is light mold for 15 minutes, let rise again and cut into round cakes, butter on one side, turn over on itself and bake in a quick oven.

Plain White Gems.

Two cups flour; 2 teaspoons baking powder; 1 teaspoon salt; 2 tablespoons sugar; 2 eggs; 1 cup milk; ⅓ cup melted butter. Baking powder and salt are put in the flour. Beat the eggs, add sugar, then stir together. This makes 1 dozen gems and should bake 12 to 15 minutes.

Butter Rolls.

Two cups scalded milk; ½ cup butter; 2 tablespoons sugar; 1 teaspoon salt; ½ cake yeast foam, dissolved in ¼ cup warm water. Add butter, sugar and salt to the milk. When luke warm add the yeast and 3½ cups flour. Let rise, then add enough flour to make a soft dough, let rise again and roll into a sheet ¾ inch thick. Cut in pieces 2½ inches long and 1 inch wide. Let rise and bake in a brisk oven 15 minutes.

Raised Biscuits.

One cup sweet milk; ½ cup lard; ½ cup sugar; whites of 2 eggs; small bowl of yeast; 1 salt spoon salt. Let stand till light, mix and let rise again. Then form into biscuits and when light, bake.

Whole Wheat Biscuit.

Scald 1 pint of milk, add 1 tablespoon sugar, ½ cup yeast, or ½ cake yeast, and flour to make batter. Let this rise over night. In morning add ½ cup butter, 1 teaspoon salt, 2 eggs, whites well beaten. Mix this stiff with whole wheat flour, knead it well and let rise. Then make into small biscuits and dip in melted lard and butter, placing far apart in tins. Let rise very light, and bake in hot oven.

Corn Muffins With Dates.

Two cups sweet milk; 1 egg; pinch of salt; 1 tablespoon brown sugar; 1 tablespoon maple syrup; 2 tablespoons melted butter; 1 cup corn meal; 1 cup white flour; 1 heaping teaspoon baking powder. Mix and add ½ cup of chopped dates.

—Mrs. Harry Sackett.

Date Muffins.

Remove seeds from ½ pound dates. Cut them up rather fine. Melt 1 tablespoon butter, add yolk of 1 egg and 2 tablespoons of sugar. Beat until well mixed. Add 1 cup milk, 2 cups flour, 2 level teaspoons baking powder, 1 teaspoon salt. Add the dates and fold in the stiffly beaten white of the egg. Bake in a hot oven about 25 minutes.

—Annie Walton.

Buckwheat Cakes.

One yeast cake; 1 quart of luke warm water; 1 teaspoon of salt; 1 tablespoon of molasses. Stir in buckwheat flour enough to make stiff as cake. Let it set over night. In the morning add ¼ teaspoonful of soda dissolved in warm water and if the batter is too thick, thin with a little sweet milk. Every night the same quantity of luke warm water, salt, molasses and buckwheat can be added to the batter left over in the morning, and every morning the soda dissolved in warm water can be added before baking the cakes. A new lot should be made about once a week as the batter will not keep longer than a week before souring.

—Mrs. Katherine Marcellus.

Aunt Charity's Corn Cakes.

Scald 2 cups of sifted corn meal with milk or water. When cool, add 1 cup of wheat flour, 1 teaspoon of salt and 3 well beaten eggs; thin the whole with sour milk or buttermilk and beat until very light, then add 1 teaspoonful of soda dissolved in hot water. Bake on a well greased griddle.

—Mrs. E. W. Clark.

Griddle Cakes.

Two cups sour milk; 1 teaspoon soda; pinch of salt; ½ cup graham flour; 1½ cups of flour.

Cream Pancakes.

Two tablespoons flour; ⅓ teaspoon salt; 1 teaspoon baking powder; yolks of 2 eggs; 1 cup thin cream; 1 tablespoon sugar. Sift together the flour, salt and baking powder, add the yolks of eggs, cream and sugar. Beat well and cook at once on a hot lightly greased griddle. Serve with sugar or maple syrup.

Pan Cakes.

One egg, beaten; 1 cup sour milk; ⅔ teaspoon soda; 1 salt spoon salt. Flour to make thin batter.

Rye Griddle Cakes.

Two cups rye flour; 1 cup entire wheat flour; 3 teaspoons baking powder; 1 teaspoon salt; 1 pint milk; 2 eggs. Sift together the flour, salt and baking powder, add milk and then the eggs, well beaten. Beat thoroughly, and cook at once on a hot, lightly greased griddle.

Bread Griddle Cakes.

One quart of milk boiling hot; 2 cups fine bread crumbs; 3 eggs; ½ teaspoon salt; ½ teaspoon soda, dissolved in warm water; 1 tablespoon melted butter. Put bread into the milk and let stand for 10 minutes in a covered bowl, then beat to a smooth paste. Add the yolks of eggs well beaten, the butter, salt, soda and lastly the whites of the eggs well whipped and ½ cup of flour. Can be made with sour milk, soaking the bread in it over night and adding a little more soda.

Rice Griddle Cakes.

Two cups cold boiled rice; 1 pint flour; 1 teaspoon sugar; ½ teaspoon salt; ½ teaspoon baking powder; 1 egg; ½ pint milk. Sift together flour, sugar, salt and baking powder, add rice with beaten egg and milk. Mix into a smooth batter. Bake brown and serve with maple syrup.

—Mrs. Chas. Marsh.

Graham Griddle Cakes.

Two eggs well beaten; 1 teaspoon salt; 3 tablespoons melted butter; 1 cup sour milk; ⅓ white and ⅔ graham flour to make right consistency.

Waffles I.

One cup flour; ½ teaspoon salt; 2 teaspoons baking powder; 2 eggs; 1 pint milk; 2 tablespoons melted butter. Sift together the flour, salt and baking powder, add the yolks of eggs and milk beaten well so as to make smooth batter. Stir in the melted butter, and the stiffly beaten whites of the eggs. Bake in hot, well greased irons.

Waffles II.

Take 1 quart flour and wet it with a little sweet milk that has been boiled and cooled. Then stir in enough of the milk to form a thick batter. Add a tablespoon of melted butter, 1 teaspoon of salt, and yeast to raise it. When light, add 2 well beaten eggs. Heat waffle iron, grease it well and fill with batter. Bake on one side brown, then turn and brown other side.

Apple Fritters.

Pare 3 apples, slice them half an inch thick, remove cores and lay slices in the following mixture, turning them over every 15 minutes: 2 tablespoons sugar; 1 teaspoon ground spice; 1 glass of wine. At the end of an hour dip the slices in a batter made as follows: Mix together in a bowl 4 tablespoons flour, 1 tablespoon olive oil, 1 salt spoon salt, yolks of 2 eggs and enough cold water to make a stiff batter, about half a pint. Just before using the batter add to it the whites of the 2 eggs beaten to a stiff froth. (This batter may be used with any other kind of fruit, or with oysters or clams.) Lift each piece of apple on a fork and fry the fritters a golden brown in hot fat, laying them for a minute on brown paper to free them from grease. Arrange on a dish in a circle and dust with powdered sugar.

Banana Fritters.

One cup flour; pinch of salt; ½ teaspoon baking powder; 1 teaspoon olive oil; 1 egg; 1 cup milk; 6 bananas. Sift together the flour, salt and baking powder, add the egg, oil and milk, and beat to a perfectly smooth batter. Peel bananas, cut into slices and let them stand an hour sprinkled with sugar and lemon juice. Dip each slice into the batter and fry brown in hot fat. Sprinkle with sugar before serving.

Queen Fritters.

Put 1 tablespoon of butter with ½ cup of water over the fire. When boiling add ½ cup of flour, beat rapidly until smooth and the dough forms into a loaf. Take from the fire and when slightly cooled beat in 1 whole egg, then add the second egg and beat until smooth. Drop with a tablespoon into hot fat and cook slowly. Serve with any sauce desired.

Tomato Fritters.

One pint canned tomatoes, a few sprigs of celery, a slice of onion, 2 cloves, 6 pepper corns. Cook 10 minutes and run through a seive. Melt ¼ cup butter, add ¼ cup flour and the tomatoes and season with salt, pepper and sugar as needed. Cook mixture until thick, then add an egg slightly beaten. When cool pour into a shallow, buttered tin, cut into squares or strips, roll in bread or cracker crumbs and fry in deep fat. Serve as relish with egg, or as garnish with veal or lamb chops.

Strawberry Short Cake.

Make a rule of baking powder biscuit with the exception of a little more shortening. Put the dough upon a round tin plate, gently flattening with the roller. Bake about 20 minutes in a quick oven. Before taking from the oven let it cool a little; tear it open by first separating the edges with a fork, then pulling it into two pieces. Upon the bottom put a thick layer of strawberries or any perfectly ripe fruit, plentifully sprinkled with sugar, then lay on the upper layer of crust. Serve with cream. Peaches, raspberries, huckleberries and oranges may be substituted for strawberries. If preferred, make individual cakes by cutting dough with biscuit cutter or doughnut cutter. In latter case fill hole with whipped cream, and place fruit between and around.

"Never Fail" Strawberry Short Cake.

Hull 1½ boxes berries. Slice in two, add plenty of sugar and a little water. Stand at least 1 hour before using. Take 2 level cups flour; 2 heaping teaspoons baking powder; 2 teaspoons sugar; ½ teaspoon salt; sift all together. Break 1 egg in cup, beat light with a fork, add 2 tablespoonsfuls of melted butter and fill up cup with milk. Stir this mixture lightly into flour. Divide dough into two parts, pat or roll into shape and bake in large layer cake tins. Bake a light brown. Invert one cake on plate, spread thickly with berries, add second cake to this also inverted and well buttered. Spread with remainder of berries and serve immediately.

—Mrs. Stanton Hyer.

Lemon Short Cake

Make a rich biscuit dough. While baking take 1¼ cups of water, 1½ cups sugar, and the peel, juice and pulp of 2 lemons, discarding tough part of rind. Boil this for a few minutes, then stir in 3 crackers rolled fine. Split the short cake while hot and spread with butter, then with the mixture. To be eaten warm.

Timbale Cases.

One cup flour; 1 cup milk; 2 eggs; ½ teaspoon salt; ½ teaspoon sugar; 2 tablespoons olive oil or melted butter. Beat up eggs and add oil, then a little flour, a little milk, and so on. Also salt and sugar. Beat well and let stand for an hour in a cool place. Put timbale iron in kettle of hot fat for a few minutes. When hot, take out, wipe dry, dip in batter till it clings to iron, then put carefully back into the lard until a good brown. Slip off the cases on brown paper to drain. Makes 1 dozen.

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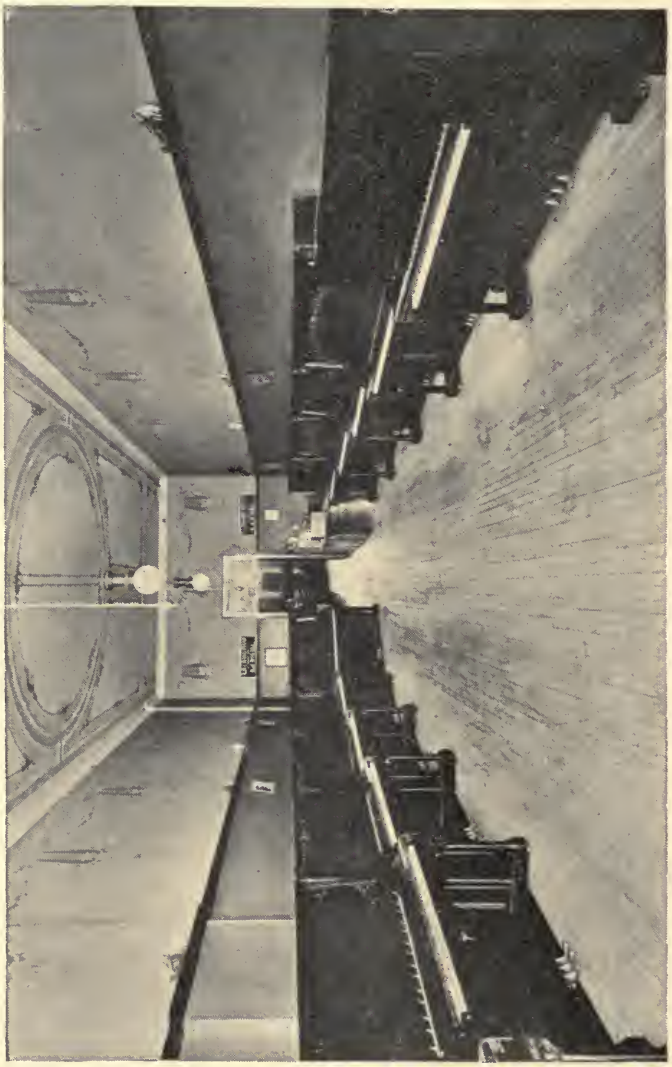

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CHAPTER II.

SANDWICHES AND CANAPÉS.

"Would you know how first he met her?
She was cutting bread and butter."
—GOETHE.

Sandwiches.

The first thing in making sandwiches is to have a sharp knife. Bread should be one day old as it cuts better. Cream the butter and spread on the loaf before cutting. Cut as thin as possible. Remove crusts. Put the filling on to one slice and put the top slice over. Sandwiches can be kept fresh for hours by wrapping them in a damp napkin.

Nut Sandwiches.

Equal parts of grated cheese and chopped English walnuts, seasoned with salt and cayenne pepper. Spread between thin slices of buttered bread.

Horseradish Sandwiches.

Mix thoroughly ½ cup each of grated horseradish and fresh butter, ½ teaspoon each of salt and sugar, and add 2 tablespoons lemon juice. Spread upon circles of brown bread, placing them together in pairs.

Cheese Butter Sandwiches.

One-half cup butter; 6 tablespoons dry sharp flavored cheese; 1 teaspoon made mustard; 1 teaspoon anchovy paste or sauce; 2 teaspoons Worcestershire sauce. Beat the butter to a cream, add the cheese (grated), mustard, anchovy and Worcestershire sauces. Beat till well blended and spread between slices of buttered bread.

Russian Sandwiches.

Zephyrettes spread with thin slices of cheese. Cover with chopped olives mixed with mayonnaise.

Sardine Sandwiches I.

Remove bones from sardines, add chopped olives, a few drops of Worcestershire sauce and a few grains of Cayenne pepper.

Sardine Sandwiches II.

Soak 1 small box of sardines in lemon juice ½ hour. Drain and spread on toast between fresh lettuce leaves, with a dash of paprika.

Toast Sandwiches.

Take yolk of 1 hard boiled egg; 1 tablespoon soft butter; ¼ teaspoon Worcestershire sauce; little salt and paprika. Chop the white of egg, mix all together and spread on fresh toast.

Cream Cheese Sandwiches.

One brick Blue Label cheese; 1 small bottle pimento olives; ½ cup chopped nuts. Thin with cream or salad dressing. Spread between thin slices of bread.

Dutch Sandwiches.

Cut rye bread into thin slices; place in each sandwich a thin slice of Switzer cheese, a layer of onion and minced ham, with salad dressing.

Sweet Sandwiches.

One-third each of preserved ginger, chopped dates and chopped nuts. Thin with ginger syrup. This is good between slices of brown bread or sunshine cake.

Deviled Sandwiches.

Mash yolks of 2 hard boiled eggs, ¼ pound cheese. Chop the whites of eggs and 1 tablespoon capers fine, season with salt, paprika and mustard. Mix all together, moisten with salad dressing and spread between squares of graham bread.

Fried Sandwiches with Ham.

Butter slices of bread, spread between them chopped ham moistened with a little cream. Press 2 slices together firmly, dip in beaten egg and milk (½ cup of milk to 1 egg), and fry in butter.

Egg Sandwiches.

Mix finely chopped whites of hard boiled eggs with the yolks which have been forced through a strainer or potato ricer. Season with salt and pepper and moisten with mayonnaise or other dressing, or with vinegar and a little mustard.

Chicken for Sandwiches.

Cold boiled chicken chopped fine and mixed with mayonnaise.

Mushroom Sandwiches.

Mince beef tongue and boiled mushrooms together, add French mustard and spread between slices of buttered bread.

Bacon and Egg Sandwiches.

Fry 1 slice of bacon until crisp, and 1 egg until yolk is set. Cut bacon into small pieces and spread with the egg on toast between lettuce. Add celery, cut in small pieces if desired.

Peanut Sandwiches.

Use either prepared peanut butter, or make the butter by running peanuts through a meat grinder. Add pepper and salt and enough water to make a thick paste. Spread on thin slices of bread and butter and put a lettuce leaf between.

Cheese Sandwiches.

Yolk of 1 hard boiled egg; ¼ pound grated cheese. Season with salt, pepper and mustard, and moisten with 1 tablespoon of vinegar. Exceptionally good with rye bread.

Pimola Sandwiches.

Butter thin slices of bread and put on bottom slice a lettuce leaf with cream dressing over it, on top of that put a layer of canned pimola (or sweet red pepper) with a little more dressing and then the top slice, then trim the edges. This makes beautiful and delicious sandwiches.

Lettuce Sandwiches.

Wash and dry fresh crisp lettuce leaves and put between slices of thin bread and butter and spread Mayonnaise dressing on the lettuce before putting together.

Parsley Sandwiches.

Chop parsley fine and season with salt and pepper and put a layer ⅛ inch thick between thin bread and butter slices.

Ribbon Sandwiches.

Slice Boston brown bread (or entire wheat bread) and white bread lengthwise of the loaf in ¾ inch slices. Cream butter well and butter the slices thick with butter. Pile five slices on each other, alternating in color, three slices of white bread and two of brown. Press together firmly and then cut them crosswise as in cutting a loaf of bread. These are pretty and good.

Chive Sandwiches.

Mix Neufchatel and cream cheese together and add chives cut up fine and put between thin slices of bread and butter.

—Mrs. W. W. Sawyer.

Canapés

These dainty little appetizers are made with a single layer of bread and for this reason can be made much more decorative than sandwiches. They are served in place of oysters at a dinner or luncheon. At a gentlemen's dinner they are frequently served with a glass of sherry before entering the dining room. For cold canapés the bread is cut in thin slices and then cut out with a round cutter and covered with some highly seasoned mixture and decorated. For hot canapés, the bread, after it is cut in shape, is fried in deep fat or buttered and browned in the oven.

Ham Canapés.

Slice bread a quarter of an inch thick, then with a biscuit cutter about 3 inches in diameter, cut the bread into rounds. Butter the rounds, spread with some highly seasoned deviled ham and arrange on top in alternate circles, lines of chopped pickle and hard boiled egg minced fine. Serve on small plates with a sprig of curly parsley to give added color.

Cheese Canapés.

Cut quarter inch slices into rounds. Spread first with softened butter, then a thin layer of French mustard. Sprinkle very liberally with grated cheese and in the center of each place a seeded olive or a tiny mound of chopped pickles. If desired hot, spread the bread with a little French mustard, dip in melted butter and then sprinkle a thick layer of grated cheese, season with salt and cayenne pepper and place in the oven to soften the cheese. Serve at once.

Sardine Canapés.

Bone the sardines, then rub them to a paste, add a little oil from the can, mustard, lemon juice, salt and pepper to taste. Cut the bread into rounds and fry in butter until it is a delicate brown on both sides. Spread with the mixture and decorate with the whites and yolks of hard boiled eggs, each run through a ricer separately. Cover the center of the canapé with the whites, encircle the edge with a ring of the yellow and drop a bit of the yellow in the center of each.

Anchovy Canapés.

Cut ¼ inch thick pieces of bread with a round cutter. Spread with a mayonnaise dressing. Boil eggs hard, when cold chop the whites fine and put the yolks through a potato ricer, and put an outside circle of the whites of the eggs on top of the dressing, fill the circle with the riced yolks and put a curled anchovy on top in the center, or use the straight anchovies split in two lengthwise, laid on to divide the canapé in quarters. If the canapé is desired hot, use the fried or toasted bread.

Caviare Canapés.

Canapés of caviare are much better served with cold bread than hot or toasted. Prepare the round slices of bread as for anchovy canapés. Spread with mayonnaise dressing and the riced hard boiled egg as before and put about ⅓ of a teaspoon of caviare in the center on top. Caviare is the salted roe of the sturgeon.

Tomato Canapé.

Cut bread in rounds as for other canapés, place one slice of ripe raw tomato (chilled) on each round. The bread rounds should be the same size as the tomato. Spread mayonnaise dressing on top of the tomato, put one curled anchovy in the center of each and surround it with an olive chopped up. This is the amount for each person. Place on small plates.

CHAPTER III.

CEREALS.

"We cultivate literature on a little oatmeal."
—SYDNEY SMITH.

In purchasing any cereals small quantities should be obtained and kept in air-tight vessels. Cereals, to be healthful should be well cooked and in most every case it is safe to double the time of that given on the package. In cooking, use a double boiler and mix the finer preparations with a little cold water before adding to the boiling water. This will prevent the cereal from becoming lumpy. A teaspoon of salt should be allowed to each cupful of cereal.

Table for Cooking.

Prepared wheat, 1 cup; water, 1½ cups; time 30 minutes.
Prepared oats, 1 cup; water, 1½ cups; time 40 minutes.
Rice (steamed), 1 cup; water, 3 cups; time 50 minutes.
Indian meal, 1 cup; water, 3½ cups; time 3 hours.
Scotch oatmeal, 1 cup; water, 4 cups; time, 4 hours.
Hominy (coarse), 1 cup; water, 6 cups; time, 6 hours.
Hominy (fine), 1 cup; water, 4 cups; time 3 hours.
Wheat (cracked), 1 cup; water, 6 cups; time, 6 hours.

Farina Fruit Mush.

Fruit mushes served cold generally are appreciated for breakfast in place of the usual cereal. Blackberries, currants and raspberries are suitable as a foundation. Slowly heat the fruit until scalded, then press out the juice. Put into a double boiler; if currants form the basis sweeten slightly; to each pint add one tablespoonful of farina and cook, stirring frequently, for ¾ of an hour. Pour into one large or a number of individual molds and set aside.

Corn Meal Mush.

In cooking corn meal, either white or yellow, let water boil to bubbling point, then remove from fire, and sprinkle corn meal in very slowly, then put back on stove and cook about 10 or 15 minutes, stirring constantly.

Fried Corn Meal Mush.

Cook the mush like above recipe. When it is done pack it in a bread pan to cool. When cold cut it in slices about half an inch and fry in a skillet in butter, or cut the pieces thicker and then cut in two and fry in deep fat. Cold hominy and cold oat meal mush can be fried in the same manner.

Spaghetti à la Italienne.

Fry 6 pork chops brown with 3 large sliced onions, adding butter or oil if needed. Pour over 2 cans of tomatoes, slice in 3 or 4 whole roots of garlic which have been peeled, salt and paprika to season. Simmer slowly until the bones are bare and the sauce is dark and thick, adding a little boiling water from time to time if needed. It will take 7 hours or more, as it must cook slowly. Rub through a frying basket, pressing through as much of the pulp as possible. Cook a large handful of unbroken imported spaghetti until tender in boiling salted water. Drain, rinse in boiling water, pour the sauce over and serve grated Parmensan or Swiss cheese separately.

—Myrtle Reed McCullough.

Genuine Italian Spaghetti.

One package spaghetti, drop in boiling water and cook until tender; drain. Sauce—1 quart can tomatoes, 1 can mushrooms, 1 cup grated cheese, 2 onions, ½ pound bacon. Cut onions and bacon fine and fry till tender; add tomatoes, mushrooms, dash of paprika, a little Worcester sauce, 2 dessert spoons salt, and a little celery salt. Cook all this until thick, add to spaghetti. When ready to serve, stir in the cup of cheese.

—Mrs. Frank Edmison.

Spaghetti à la Ellery Band.

Use 1 quart can tomatoes, strain contents through a sieve. To this liquid add 3 tablespoons olive oil, piece of butter size of egg, a teaspoon sugar, small bunch parsley, 3 small cloves of garlic, or onion if you prefer, salt and pepper to taste, and some sweet green pepper, chopped. Boil all this down over slow fire to thickness of cream. If possible, obtain imported Italian spaghetti; this is distinctly superior to domestic. Boil spaghetti (2 pounds for above amount of sauce) in plenty of water in which you have put a generous amount of salt. Above all things do not put spaghetti into

water until it boils and do not cut it up into little snippy pieces, as that is un-Italian and utterly inadmissable. Last but not least, do not cook your spaghetti to a pasty mass, but remove it, and drain through a colander when it is just right. Pour sauce over and serve on large platter. Grated cheese, Parmesan preferred, should be served separately for those who desire it.

—Channing Ellery.

Macaroni and Cheese.

Break half a package of macaroni in small pieces. Cook briskly in boiling salted water for 20 minutes, drain and rinse. Butter a shallow dish, put in layer macaroni, sprinkle with salt, dot with pieces of butter, and over it a layer of cheese, grated. Repeat this until macaroni is all used, leaving a sprinkling of cheese with butter in small pieces on top. Beat 1 egg, add ½ pint milk, salt and pepper, pour over all and bake, covered, ½ hour. Remove cover and brown.

How to Boil Rice.

Rinse 1 cup rice in two waters. Put over fire 2 quarts water in large kettle, add to this 1 even teaspoon salt, sprinkle rice slowly in water, cover tightly, and let cook 20 minutes. Water must be boiling before rice is put in, let cook rapidly without stirring. Remove from fire, put rice in colander to drain, then set in oven for few minutes until it steams itself dry. Every kernel should be separate.

—L. D. W.

Spanish Rice—Tribune Prize Receipt.

Put 2 tablespoons of butter in frying pan; when hot, add 1 cup dry rice; fry until brown, stirring continually; add 1 pint water, 1 small onion, chopped fine, salt and pepper and ½ quart can tomatoes. Cook 30 minutes, covered.

Rice Molds.

One quart of milk and water equal parts, half teaspoon of salt, 1 cup of sugar; bring to boiling point; 1 cup of ground rice, moisten well to prevent clodding, stir in fluid, boil 15 minutes, pour in custard cups or any small, pretty form. When ice cold turn out. Serve with cranberry sauce or any other tart sauce.

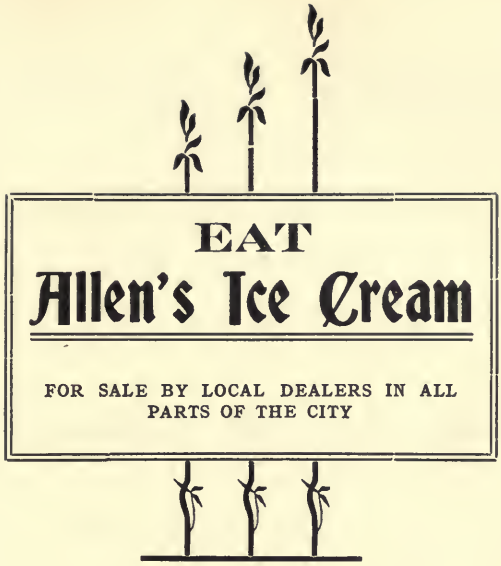
Rice Milanaise.

Chop fine a good-sized onion and fry in butter until a golden color, then add a cupful of rice and half a dozen minced mushrooms. Stir for 2 minutes, add a quart of boiling broth. Stir lightly once. Cook for 25 minutes. Season with 1 teaspoonful of salt, ¼ of a teaspoonful of pepper and ½ a cup of grated Swiss cheese.

Rice and Peaches Served with Meat Course.

Wash thoroughly ½ cup rice; sprinkle in boiling salted water; cook 20 minutes or until tender. Take 1 can large California peaches cook in their own syrup, adding sherry wine to taste, putting in about a handful of Sultana raisins. Cook until peaches and raisins are tender. Pile rice on chop platter, arrange peaches around rice on edge of platter, place raisins in hollow of peaches, pour rich syrup around peaches.

—Mrs. John D. Waterman.



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CHAPTER IV.

COFFEE, TEA, CHOCOLATE AND COCOA.

Coffee

"May your coffee and slanders against you be ever the same —without grounds."

The best grades of coffee are the Mocha and Java, bought either in the grain to be roasted and ground as needed in the home, or purchased in small quantities freshly roasted and ground. Most people prefer a mixture of the two, using one-third of Mocha and two-thirds of Java. Always keep in a closely covered tin or earthen jar to retain the full strength of the berry. When properly roasted, coffee should grind into small but distinct, hard and gritty particles, instead of into a fine powder. There are various ways of making coffee and many different coffee pots on the market, but there a few general rules that it is wise to keep in mind. Always buy the best grades of coffee and be sure that the pot is as tight as possible to prevent the escape of the aroma. Of course the coffee should not have to stand long after being made. To make one quart of coffee take one cupful of coffee, one-third of a raw egg, to clear it, half a cupful of cold water and one quart of boiling water. Stir coffee, egg and cold water together before adding boiling water or the heat from the latter will cook the egg. One cupful of coffee calls for a tablespoon of coffee, the same of cold water and one teaspoonful of egg with a cupful of boiling water added last. Do not use too much egg in the making of coffee as it weakens it. Egg shells may be saved and used for clearing, the albumen, which clings to the shell, performing the office. About three crushed egg-shells are sufficient for clearing purposes when one cup of ground coffee is used. By using egg the coffee has a richer flavor which egg alone can give, but when strict economy is necessary the egg may be omitted if great care is taken in the making and handling, as very much motion causes it to become muddy. Do not use a tin coffee-pot as the tannic acid in coffee acts on such metal and is apt to form a poisonous compound. Always see that

the pot is scrupulously clean after its use, as well as scalded before using. Coffee is a powerful stimulant for some people, but it is generally conceded that when used without the "trimmings," cream and sugar, it is much more healthful and less likely to cause ill effect. Sugar used without cream is less harmful than cream used alone in coffee. There seems to be an element in coffee which combined with cream forms a leathery coating on the stomach and impairs digestion.

How to Make Coffee.

One cup coffee; 1 cup cold water; 1 egg; 6 cups of boiling water; pinch of salt. Use granite ware coffee pot. Wash egg, break and beat it slightly. Pour in one-half the cold water, add crushed shell, and stir in with coffee. Turn this into the coffee pot, pour on boiling water, and mix thoroughly. Boil 3 minutes on front of range; if not boiled, coffee is cloudy, and if boiled too long, too much tannic acid develops. To prevent escape of fragrant aroma, stuff spout with soft paper. Stir and pour some in a cup to free the spout of grounds, then return to coffee pot and repeat. To perfect clearing add the remaining cold water. Cold water being heavier than hot water sinks to the bottom, carrying the grounds with it. Place on back of range for 10 minutes, where coffee will not boil. Serve at once.

After Dinner Coffee.

Use twice the quantity of coffee, or half the amount of liquid given in previous recipe, for after dinner coffee. When milk or cream is not used, filtered coffee is often preferred. Black coffee should not be served with milk or cream. Serve in after dinner coffee cups, with or without cut sugar.

Percolated or Filtered Coffee.

One cup coffee (finely ground); 6 cups boiling water. There are various kinds of coffee-pots on the market for making percolated coffee. All have a strainer to hold coffee without allowing grounds to mix with the infusion. There are some which have additional vessels to hold boiling water and upon which the coffee-pot may be rested. Place coffee in strainer, strainer in coffee-pot, and pot on the range. Gradually add boiling water, allowing it to filter, and cover between additions of water. Refilter, if desired stronger, and serve at once with cream and cut sugar. Place cream and sugar in cup before hot coffee. Scalded milk, or part milk and part cream may be used, if cream is obtainable, when a diluted cup of coffee is desired.

Australian Coffee Cup.

One pint of very strong black coffee, flavored with ½ teaspoon of bitter almond. Cook in a double boiler with the yolks of 2 eggs, well beaten; 2 tablespoons of sugar, and 2 tablespoons of thick cream. When thick as custard remove from fire and chill. When ready to serve, pour into a pitcher with a pint of whipped cream, sweetened, shaved ice and a quart bottle of Appolonaris or other charged water.

—Anna B. Walton.

"Polly, put the kettle on. We'll all take tea."

Tea

"May beauty and truth
Keep you in youth;
Green tea and sage
Preserve your old age."

Black and green tea are produced from the same plant, but by different methods. They contain about the same quantity of caffeine or theine, and tannin, but differ in the amount of volatile oil. Tea should not be taken during the meal, but after it, if one wishes to avoid the retarding effect that it has on salivary digestion. The better plan is to eat first and drink afterward. Black tea is not so strong as green or mixed teas. The latter is responsible for most of the cases of nervousness among tea drinkers. If tea is made by pouring boiling water on the leaves and served in a few minutes, but little tannin is present in the beverage; but when it is steeped a long time and drunk freely the tannin present in the decoction is harmful. Tea is less likely to cause sleeplessness if lemon juice is used instead of cream. Both tea and coffee are less harmful if taken clear. Cream and sugar, especially cream, in these beverages, do a certain amount of damage to the stomach.

How to Make Tea.

Three teaspoons tea; 2 cups boiling water; always scald thoroughly the tea-pot before using. After putting in tea pour on boiling water and allow it to stand on the back of range or in some other warm place for 5 minutes. Then strain and serve immediately, with or without sugar and milk. Avoid a second steeping of the leaves as, if this is done, so large an amount of tannin is extracted that various ills are apt to follow.

Iced Tea.

Four teaspoons tea; 2 cups boiling water. Follow recipe for making tea, strain into glasses which are ⅓ full of cracked ice. Sweeten to taste, and allow 1 slice lemon to each glass of tea. By chilling the infusion quickly, the flavor is much better.

Russian Tea.

Follow recipe for making tea. Russian tea may be served either hot or cold, but always without milk. A thin slice of lemon or a few drops of lemon juice is allowed for each cup. Add sugar according to the taste. In Russia a preserved strawberry is sometimes added.

Wellesley Tea.

This tea is made the same as iced tea. Before straining place 3 crushed mint leaves in glasses

Herb Teas.

For the dried herbs use 1 teaspoonful to a cup of boiling water. Cover and stand where they will not boil, for 5 or 10 minutes. Strain before serving. Too long steeping makes them bitter or acrid without increasing their medicinal value.

Chocolate and Cocoa

These contain in good proportion all the elements necessary to nourish the body. Cocoa is the seed of the fruit of a small tropical tree, and there are several forms in which it is sold, the most nutritious and convenient being chocolate. Next in order comes cocoa, cocoa nibs and last cocoa shells. The ground bean is called cocoa. Ground finer and mixed with sugar it becomes chocolate. The broken beans are called "nibs" and the shells are the parts of the bean that are removed before grinding. These shells make a delicate drink, but contain little nourishment. Pure chocolate is easily assimilated and digested as food by those able to take fat, as about 50 per cent. of chocolate consists of fat. In cocoa the excess of fat is removed. Vanilla is the best flavor to add to chocolate. Cinnamon also is good. Neither chocolate or cocoa should be boiled too long or the flavor is impaired.

Breakfast Cocoa

One and one-half tablespoons prepared cocoa; 2 tablespoons sugar; 2 cups boiling water; 2 cups milk; pinch of salt. Scald milk, then mix together cocoa and sugar and dilute with ½ cup of boiling water to make a smooth paste, add remaining water, and boil 1 minute. Turn into scalded milk and beat for 2 minutes.

Brandy Cocoa.

Three tablespoons cocoa; 1½ cups boiling water; ¼ cup sugar; 4 cups milk; 3 teaspoons cooking brandy. Prepare as Reception cocoa, then add brandy before beating.

Reception Cocoa.

Three tablespoons cocoa; a few grains salt; ¼ cup sugar; 4 cups milk; ¾ cup boiling water. Scald milk; mix cocoa, sugar and salt, adding enough boiling water to make a smooth paste; then add what water remains and boil 1 minute; pour into scalded milk and beat 2 minutes with egg beater.

Chocolate.

One and one-half squares of chocolate; 1 cup boiling water; ¼ cup of sugar; few grains of salt; 3 cups milk. Scald milk; melt chocolate in small sauce pan placed over hot water, add sugar, salt and gradually boiling water; when smooth place on range and boil 1 minute; add scalded milk and beat with egg beater and serve in chocolate cups with whipped cream. One and one-half ounces vanilla chocolate may be used instead of chocolate; this being sweetened, less sugar is required.

Chocolate Syrup.

On 3 tablespoons of soluable chocolate or cocoa pour 1 pint of boiling water, stirring all the time. Place on fire and stir until all is dissolved, then add 1 pint of granulated sugar, stirring until it boils. Boil for 3 minutes, strain, cool and flavor with vanilla. Keep the syrup in a cool place. Serve with 3 tablespoons of the syrup in each glass, lumps of ice, a little cream and the rest of the glass filled up with milk. Buy soluable chocolate at drug stores for this recipe. Ask for the kind used in making fountain syrups.

CHAPTER V.

SOUPS.

"Soup is to the dinner what the door is to the house."

Introduction.

Exactness in cooking removes the danger of failure. Recipes should be exactly copied. The skeleton of soups must be accurate, but more seasoning or more thickening may be added to suit the individual taste.

Soups should be brought to the boiling point and then pushed back on the stove to simmer, as boiled soups are greasy and muddy. Seasonings are important. Winter vegetables, such as turnips, carrots, celery and onions should be kept on hand for soup; also sweet herbs, including thyme, savory, marjoram, bay leaves, peppercorns, cloves, allspice berries, stick cinnamon, dry tarragon leaves, browning, Worcestershire sauce, paprika, with additions of salt, pepper and parsley are essentials for soup stocks. Flour, cornstarch, arrowroot, fine tapioca, sago, pearl barley, rice, bread or eggs are added to give consistency and nourishment to the soups.

Vegetables and seasonings should be added the last hour.

In getting meat from the market, have bone and meat cut into small pieces. When ready to start soup, put meat and bone in soup kettle, cover well with cold water. Let stand 1 hour to draw out juices; heat gradually to boiling point; set on back of stove and let simmer 6 to 7 hours. This will form stock for many kinds of soup.

To clear soup stock: Add white of an egg or washed egg shells (2 or 3) to cold strained stock and bring to a boil slowly. Then remove from fire and strain through flannel cloth.

Brown Soup Stock.

Six pounds shin of beef; 3 quarts cold water; ½ teaspoon peppercorns; 6 cloves; ½ bay leaf; 3 sprigs thyme; 1 sprig marjoram; 2 sprigs parsley; ½ cup each carrot, turnip, onion and celery; cut in dice. Wipe beef and cut lean meat in inch cubes. Brown ⅓ meat in hot frying pan in marrow from marrow bone. Put the rest

of the meat fat in soup kettle, add water and let it stand 30 minutes. Put on back of range, add browned meat and heat slowly to the boiling point. As scum rises it should be removed. Cover and cook slowly 6 hours, not boiling. Add vegetables and seasoning; cook 1½ hours. Strain and cool as quickly as possible.

—Mrs. Charles Reitsch.

White Soup Stock.

Three pounds knuckle of veal; 1 pound lean beef; 3 quarts boiling water; 1 onion; 6 slices carrot; 1 large stalk celery; ½ teaspoon peppercorns; ½ bay leaf; 2 sprigs thyme; 6 cloves. Wipe veal, remove bone and cut in small pieces; cut beef in small pieces; put bone and meat in kettle and cover with cold water and bring quickly to boiling point, drain and throw away the water. Wash thoroughly bones and meat in cold water; return to kettle; add vegetables, seasoning and 3 quarts boiling water. Boil 3 or 4 hours. Stock reduced half.

—Mrs. Charles Reitsch.

Bouillon.

Five pounds lean beef; 2 pounds marrow bone; 3 quarts cold water; ½ cup each diced carrot, turnip, onion and celery; 1 tablespoon salt; 1 teaspoonful peppercorns; ¼ teaspoon mixed whole spices; 1 bay leaf; small bunch of parsley; few drops Kitchen Bouquet to color. Soak meat in cold water 1 hour; then heat to boiling point; skim thoroughly and allow to simmer 5 hours. Add vegetables and seasonings the last hour. Strain and cool. Remove fat when cooled.

Hot bouillon is also served with grated Parmesan cheese.

Iced bouillon flavored with sherry wine is served cold.

Good Soup.

Two pounds beef; 2 pounds veal; 1 pound mutton; slice of beef liver. Put in kettle of cold water and place over fire. As it cooks, salt well and remove scum. Roast an onion in the oven and when brown, cut fine and add to the soup. Also add the celery tops, parsley and cabbage leaves. Brown in butter 2 potatoes sliced, add to the soup with carrots and cauliflower. Cook slowly for 2 or 2½ hours. Strain through a fine sieve, and add noodles, rice or barley, whichever is preferred. Barley should be cooked a full hour, rice 20 minutes, and noodles only long enough to cook through.

—Ernestine Schumann Heink.

Macaroni Soup.

One quart brown stock; ⅓ cup of macaroni, broken in small pieces; salt; pepper; onion juice to taste. Cook macaroni in boiling salted water. Add drained macaroni to heated stock.

Spaghetti soup is made exactly as is macaroni soup.

Creole Soup.

One quart brown soup stock; 1 pint tomatoes; 3 tablespoons chopped green peppers; 2 tablespoons chopped onions; ¼ cup of butter; ⅓ cup of flour; salt; pepper and Cayenne. Cook pepper and onion in butter 5 minutes; add flour, stock and tomatoes, and simmer 15 minutes. Strain; put through a sieve. Just before serving, add 2 tablespoons grated horseradish, 1 teaspoon vinegar, and ¼ cup macaroni (cooked).

Scotch Soup.

Three pounds mutton; 2 quarts cold water; ½ tablespoon salt; ¼ teaspoon pepper; 1 small onion; 1 sprig parsley, finely chopped; 2 tablespoons flour; 2½ tablespoons barley; carrot and turnip, ¼ cup each. Cut meat in small pieces; let stand in cold water 1 hour to extract juices; then heat to boiling point. Skim and cook slowly 1 hour. Add all vegetables and seasonings, the turnip and carrot having been cooked separately in boiling salted water. Strain, cool, remove fat and add flour which has been diluted with cold water. Also add barley which has previously been cooked until soft in boiling salted water; cook ½ hour longer.

Nourishing Broth.

Two pounds of neck of mutton; ½ cupful of pearl barley; ½ cupful each of carrot, onion, turnip, celery and fine suet or butter; 1 tablespoon each of salt and chopped parsley. Soak barley in cold water over night. Wipe meat with wet cloth. Remove fat and skin (which relieves it of its strong flavor) and put the meat on to cook in 2 quarts of cold water. Let it heat slowly until the scum frees itself and rises to the surface, then skim and put in the vegetables. Simmer 4 hours and serve without straining. Add cooked barley ½ hour before serving.

Consommé No. I.

Three pounds beef and marrow bone; 3 pounds veal; 3 pounds lamb or mutton; ½ cup onion and ½ cup carrot cut in dice; celery, 1 cup; 2 tablespoons butter; 1 tablespoon salt; 1 teaspoon peppercorns; ½ bay leaf; 1 sprig marjoram; 3 sprigs thyme; 3 quarts cold

water. Cut meat in cubes; let stand 1 hour. Heat to boiling point. Skim, and let simmer 3 hours. Add vegetables cooked in butter 5 minutes, and remaining seasonings. Cook 1½ hours. Strain. Cool quickly. Remove fat and clear.

Consommé No. II.

May be served with noodles, macaroni or spaghetti or rice, first cooked in boiling salted water, or served with French string beans, carrots cut in small shapes, green peas, or cooked chicken meat cut in small dice.

Claret Consommé.

To 1 quart consommé, add 1⅓ cups claret which has been cooked 8 minutes with a stick of cinnamon and tablespoon of sugar.

Chicken Soup.

One chicken cut as for stew. Cover with cold water. Simmer until chicken is tender. Drain off the liquor and add 2 stalks of celery, 1 slice of onion, ½ bay leaf, salt and pepper; cook ½ hour. Strain over some fresh cooked rice and add a little parsley, cut fine. In place of rice, egg kloesse may be substituted. Chicken may be creamed and used the next day.

Cream of Chicken Soup.

One pint of cream; 1 chicken; 2 tablespoons butter; 1 tablespoon flour; 3 stalks of celery; 1 small onion. Boil chicken, and season with salt and pepper. Clear broth. Cook celery and onion in butter. Remove vegetables and add flour to butter. Heat the stock and add half cream thickened with butter and flour. Dice chicken meat, and add to broth. Whip remaining cream, and add as you serve.

—Mrs. C. S. Brantingham

Chicken Tapioca Soup.

One chicken, cooked; 1 cup pearl tapioca; 1 pint whipping cream. Soak tapioca several hours; then cook in a double boiler until soft. Make the broth from chicken quite strong. Cool and strain, then thicken with tapioca. Heat the cream (not whipped) and add to broth and tapioca. When serving, pour it over thinly minced lettuce previously put in bouillon cups, and a little whipped cream on top.

—Mrs. Frank Wormwood.

Chicken Gumbo.

Prepare a chicken as for frying. Brown in a soup kettle 2 tablespoons of flour in 1 of lard, then add the chicken and stir frequently to prevent scorching. When the pieces are well browned, cover with 3 quarts of boiling water and set back on the stove, allowing it to simmer gently for an hour or longer. When half done add a finely minced onion, some parsley, salt and a little Cayenne pepper. When the chicken is tender add 1 pint of cooked gumbo or okra and remove at once from the fire. Serve with rice, boiled so that the grains stand apart. An old fat hen makes the best gumbo. Wild ducks, remnants of roast chicken or turkey also make a fine gumbo.

—Mrs. Anna C. Nohe, Jennings, La.

Chicken Chowder.

Cut a 4 pound chicken in 2 inch squares. Slice 4 good sized potatoes; 1 slice bacon, diced; 1 small green pepper; ½ small onion; ½ cup rice; pepper and salt to taste. Put in Casserole dish with 3 quarts boiling water. Bake in slow oven 2½ hours. Add more water if necessary. Keep dish covered.

—Mrs. A. M. Miner, Thadwa Café.

Southern Gumbo.

Put 2 quarts of ham liquor after the fat has been removed into a kettle and add ⅔ of a quart can of tomatoes. After cooking half an hour add a can of corn and a cup of cooked ham cut in small pieces. Let boil 15 minutes. Then add a can of okra about 10 minutes before serving. Have a dish of hot boiled rice and serve by putting a spoonful of rice into a plate and pouring the gumbo over it, or the rice may be added to the gumbo while cooking.

Emergency Soup.

Cook ½ cup each of carrot and celery cubes, (1 tablespoon celery seed may be substituted), and 1 onion cut in slices, in ¼ cup butter, 10 minutes; add 1 cup potato cubes and 5 cups cold water, and let cook 1 hour. Add beef extract to flavor, and salt and pepper as needed. Serve very hot, either with or without straining.

—Mrs. Edward Heiliger.

Venetian Soup.

Prepare a clear chicken soup by simmering a fowl for several hours in water to cover, with seasonings of bay leaf, celery seed, parsley, whole peppers and salt. Cool and skim off the fat; heat

to boiling point and add seasonings as desired. Separate 2 eggs, beat the whites and yolks and then mix together; stir in sufficient flour to make a thin batter. Butter a hot griddle thoroughly and bake the batter as large griddle cakes; cut into very fine strings and drop into the hot soup. Serve at once.

—Ruth Wilkins.

Mushroom Soup.

One quart of chicken broth; 1 can of mushrooms. Chop fine and cook in the broth for 15 minutes. Heat 3 cupfuls of milk and 1 of cream. Melt together 4 tablespoonfuls of butter and 4 of flour. Cook until smooth. Add the hot mushrooms and broth.

Purée of Tomato Soup.

Take a small piece of beef; put on in cold water to cover; skim off all scum; cut up 1 large potato and onion, bunch of parsley, a little cloves, bay leaves, salt and pepper, and a little sugar; small can of tomatoes. Cook slowly about 2 hours. Take from fire, strain through fine sieve, put back on fire, add either rice or macaroni. When done, thicken with a little flour, water and a small piece of butter. This is good tomato soup.

Tomato Soup.

One-half can of tomatoes; ½ cup water; 1 onion; ½ cup celery stalks; 1 bay leaf; sprig of parsley; 2 cloves; 6 peppercorns, and allspice; a bit of cinnamon stick (or a few of the mixed spices). Boil ½ hour. Add 3 cups rich soup stock, strain and serve with croutons. This is enough for three persons.

—C. Radecke.

Celery Soup.

Two cups white stock; 3 cups celery, cut in 1 inch cubes, 2 cups boiling water; 1 slice of onion; 2 tablespoons butter; 3 tablespoons lard; 2 cups milk; 1 cup cream; salt and pepper. Parboil celery in water 10 minutes, drain; add stock; cook until celery is soft and rub through sieve. Scald onion in milk, remove onion, add milk to stock, bind; add cream and seasoning.

—Mrs. Harry Sackett.

Black Bean Soup.

Two tumblers black beans; 1 quart stock; ½ cup tomato catsup; 1 sliced onion; pinch of summer savory; salt and pepper. Soak beans over night. Next day boil until soft enough to work

through a colander. By adding the beef stock to them, they pass through the strainer more easily. After adding the other ingredients strain again through a fine soup strainer. When all ingredients have been cooked and thoroughly blended, serve with sliced lemon.

—Mrs. Antes Ruhl.

Chestnut Soup.

Fifty Spanish chestnuts; 2 quarts of white stock (chicken or veal); ½ pint of stale bread without crust; 1 pint of milk or cream; 1 tablespoon butter; 1½ teaspoon salt; ⅛ teaspoon pepper. Blanch and boil chestnuts 30 minutes. Drain and pound until fine as meal. To this gradually add 1 quart of the stock, pounding all the time. Add other ingredients except butter and milk. Cook gently for 2 hours. Take from fire and strain. Add butter and cream, and return to fire and heat.

—Mrs. C. S. Brantingham.

Almond Soup.

Two cups chicken stock; 1½ cups veal stock; ½ cup tomatoes; salt and pepper; 4 tablespoons butter; 4 tablespoons flour; 1 cup cream; ½ pound almonds. Blanch and shred (or chop) almonds and brown slightly in a little butter. Have the stock strained and ready for use. Melt the butter, add flour, and a cup of stock slowly. Let cook 5 minutes. Then add rest of stock, strained tomatoes and lastly the cream, which must be added just before serving. Put almonds in the dish and pour soup over them.

—Ruth Wilkins.

Duchess Soup.

One quart milk; 2 medium sized onions fried in 2 tablespoons butter for 2 minutes. Then add 2 tablespoons of flour, 1 teaspoon salt, and pepper to taste. Stir this in the hot milk and boil 8 minutes; then strain. Beat 3 eggs to a light froth, pour in soup. Stir constantly. It must not boil.

—Mrs. L. A. Weyburn.

Cream of Asparagus Soup.

Two bunches asparagus; 1 pint cold water; 1 heaping tablespoon butter; 1 heaping tablespoon flour; 2 cups scalded milk; salt and paprika. Cut asparagus in inch pieces, cook until tender. Rub through a sieve. To scalded milk add liquor and pulp of asparagus. Blend butter and flour together and add to mixture, pepper and salt, and cook 2 minutes.

Cream of Cheese Soup.

One quart of milk in double boiler. Add 1 tablespoon of grated carrot, 1 small tablespoon of the pulp and juice of an onion. Secure this by crushing a half onion over a lemon squeezer. One tablespoon finely minced parsley, 1 piece of celery. Melt 2 good tablespoons butter. Mix in it 2 scant tablespoons of flour, stir in hot milk and cook 15 minutes, stirring often. Remove celery. Then add 1 cup rich cheese, grated. Cook a minute or two more till dissolved. Take from fire and add beaten yolks of 2 eggs. Serve at once with a spoonful of whipped cream to each dish.

—Mrs. O. R. Brouse.

Peanut Soup.

To 3 pints of hot water add 2 cups of roasted peanuts, chopped very fine; 1 onion, sliced and sauted a golden brown in 2 tablespoons of butter; 1 tablespoon of celery seed; 1 bay leaf and 1 sprig of parsley. Simmer for 1½ hours, then pass through a coarse sieve and return to the stove. Rub together 2 tablespoons each of butter and flour, dilute with a little hot soup and stir into the kettle. Also add 1 green pepper and 1 tomato cut in small cubes after removing the seeds. Simmer about 20 minutes more, then season with salt, pepper and Kitchen Bouquet, and serve with thin slices of lemon in the tureen or in individual plates.

—Ruth Wilkins.

Corn Soup.

One can corn; 1 quart and 2 gills milk; 3 tablespoons butter; 2 tablespoons flour; 2 generous teaspoons salt; ½ teaspoon pepper; 2 tablespoons minced onion; yolks of 2 eggs. Chop corn, put in double boiler with quart of milk. Cook 15 minutes, then add flour and butter cooked until smooth and frothy; add to corn; also pepper and salt. Cook 15 minutes longer. Strain and return to fire. Beat yolks of eggs, add to 2 gills of cold milk, stir into soup. Cook 1 minute, stirring constantly.

—Mrs. Elliott West.

Corn Chowder.

Cut a cube of fat salt pork about 1½ inches square into small pieces, and try it out. Add a sliced onion and cook 5 minutes. Boil 4 cups of sliced potatoes 5 minutes; drain, add the fat and 2 cups of fresh boiling water, and cook until the potatoes are soft.

Put 4 cups of milk in a double boiler, and scald; add 4 cups of stewed corn and the potatoes, and heat again. Season with salt and pepper, add 3 tablespoons of butter. Serve with old fashioned water crackers.

—Ruth Wilkins.

Purée of Pea Soup.

One quart of peas, or 1 can; 1 quart milk; 2 small onions, chopped; salt to taste. Cook in double boiler, until peas are well cooked; strain, put milk back into double boiler, and rub peas through sieve, adding pulp to milk; put 1 tablespoon butter in saucepan, mix 1 tablespoonful flour, when smooth, gradually add to milk; season with pepper and salt, and cook a few minutes. Then serve.

—Mrs. Elliott West.

Cream of Pea Soup.

One can peas; 1 pint cream; salt and pepper to taste. Heat the contents of 1 can of peas in fresh water. Drain and put through a vegetable press to extract the skins. To the mashed peas, add 1 pint cream, season well with salt and pepper, and allow the mixture to just reach the boiling point. Serve with croutons. A little portion of whipped cream as you serve.

—Mary Walton.

Split Pea Soup.

One pound split peas; ½ pound salt pork; celery and onion to taste. Soak peas in 2 quarts water over night. Put over fire in morning with salt pork. Boil 4 hours or more. Add celery and onion to taste. Strain and serve with a little whipped cream in bottom of dish.

—Mrs. Elliott West.

Black Bean Soup.

One pint black beans; 2 quarts water; 1½ tablespoons flour; 2 tablespoons butter; 1 onion; ½ teaspoon salt; Cayenne; ¼ teaspoon mustard; ⅛ teaspoon pepper, 2 stalks celery or ¼ teaspoon celery salt; 2 hard boiled eggs; 1 lemon. Soak beans over night; in the morning drain and add the cold water. Slice onion and cook in 1 tablespoon of butter, add to beans, also celery cut in pieces. Simmer 4 or 5 hours. Rub through a sieve, reheat to the

boiling point and add salt, pepper, mustard and Cayenne, well mixed. When boiling, add flour and remaining butter, which have been cooked together. Strain again, and just before serving add 2 tablespoons sherry, 1 teaspoon Kitchen Bouquet, and more salt if necessary. Serve a slice of egg and lemon in each plate, and pass croutons with the soup.

—Mrs. William S. Miller.

Lenten Soup.

Prepare 3 carrots, 3 turnips and 3 onions by scraping, peeling and washing. Slice them and sauté them in a little fresh lard or drippings until a golden brown. Cut up a head of celery and put in and fry a few minutes. Add to this mixture 2 cloves, 1 teaspoon salt, ½ teaspoon of mild pepper, a little parsley, and a little grated nutmeg. Cover this with nearly 3 quarts of water and simmer for 3 hours. This may be used instead of meat broth in the Lenten season.

Potato Soup.

Take 4 potatoes, peel and slice thin, put enough water to cook soft, 2 or 3 slices of nice salt pork cut thin, 1 small onion; if liked, also a bit of chopped green pepper. When done season with salt, pepper, butter the size of a walnut. Fill up with milk. Let boil and serve.

Corn and Tomato Soup.

One-half can tomatoes; ½ can corn; simmer together until well cooked; put through sieve; keep hot. 1 tablespoon butter melted in double boiler; 2 tablespoons flour; 1 quart cold milk. To this cream sauce add salt and Cayenne to taste. Pour this into strained mixture and serve at once.

—Mrs. Daisy King.

Cream of Celery Soup.

Cover 4 cups of celery, cut in small pieces, with 1 pint of boiling water and cook until soft—about 30 minutes. Then press through a coarse sieve. Scald 1 quart of milk with a slice of onion, remove the onion, and add the cooked celery. Rub together ¼ cup of flour and 3 tablespoons of butter, stir into the soup and cook until it thickens. Season with salt and pepper.

—Ruth Wilkins.

Cream of Tomato Soup.

Put 1 pint of tomatoes on to heat, with a pinch of salt and one of soda, in a vessel that will hold not less than a quart. In another vessel put a quart of milk to heat, and in a granite pan that sets on a tea-kettle when the lid is off, put 1 heaping tablespoon of butter; when it is melted add 2 heaping tablespoons of flour and mix with butter until all is smooth, and add this to the well cooked tomatoes, beating until all is mixed well, and set on the stove to heat, watching and stirring it all the time. Then pour heated milk into the tomatoes and mix thoroughly until it becomes thick, and then serve to four people. This is a sure way to keep milk from curdling, also makes delicious soup. Onions may be added to tomatoes when they are canned purposely for soup, if desired. Tomatoes may be strained if desired. This is simple, good and practical.

Soup From Left-Overs.

Slice an onion into a teaspoon of melted butter; brown well. Add a pint (more or less) of milk. When hot, add ½ a cupful or less of creamed potatoes, peas, cauliflower, singly or combined; rub through a coarse sieve; season with salt and paprika, and serve. The flavor may be varied by the addition of beef extract, or a few drops of Kitchen Bouquet. If the original cream sauce has not furnished enough thickening, rub 2 teaspoons of flour in a little cold milk. Or, beat well yolks of 2 eggs, pour on them slowly about ½ a cup of the hot soup, stirring rapidly; then add to the remaining soup and serve immediately. This makes a nourishing and cheap luncheon soup.

—Mrs. George Nelson Holt.

Clam Chowder No. I.

Wash fifty clams thoroughly and put them in a pot with half a pint of water; when the shells are open they are done. Take them from the shells and chop fine, saving all the clam water for the chowder. Fry out a large bowl of salt pork, cut up fine, and when the scraps are a good brown take them out and put in a large bowl of chopped onions to fry. They should be fried in a frying pan and the chowder kettle be made clean before they are put in it. (The chief secret in chowder making is to fry the onions so delicately that they will be missing in the chowder.) Add a quart of hot water to the onions, put in the clams, clam water, and pork scraps. After it boils add a large bowl of potatoes cut into eighths

of original size and ½ a can of tomatoes, and when they are cooked the chowder is finished. Before it is taken up, thicken with a cup of cracker crumbs and add a quart of milk. No seasoning is needed but good black pepper.

Clam Chowder No. II.

Two cans clams, chopped; 1 can tomatoes, chopped; 1 cup diced carrots; 2 cups potatoes (diced); 2 onions, sliced; ¼ pound salt pork, diced and fried; ¼ pound butter; 4 quarts milk. Warm butter and cook ¼ cup flour in it. Black and red pepper. Cook carrots and potatoes first. Fry the salt pork and then the onions in this grease. Put potatoes on to cook a little, then add clams, then onion and pork, potatoes, carrots, etc., butter and flour (cooked together) and last the milk.

—Mrs. Edwin St. John.

Clam Chowder No. III.

One can Doxsee clams; 1 pint tomato; 3 medium sized onions; 6 or 8 medium sized potatoes; ⅓ cup butter; 1½ pints milk. Peel and dice potatoes and put on to boil. Slice the onions into the tomato and cook until they are tender. Then add the cut up clams and juice of same, and let simmer about 15 minutes. Pour the cooked potatoes into this and add the butter and milk with a generous seasoning of salt and white pepper. Thicken with ground cracker and let all come to a boil before serving.

—Mrs. George Needham.

Fish Chowder.

Four pounds fresh cod or haddock, remove bones, head and tail; add 2 cups cold water. Cook these 20 minutes. 1 large slice salt pork cut in small pieces, try out and add an onion; fry a light brown. Strain fat into stew-pan. Parboil 4 cups potatoes, cut in cubes, in boiling water to cover. Drain and add potatoes to fat; add 2 cups boiling water and cook 5 minutes; add liquor from bones; then add fish; simmer 10 minutes. Add 4 cups scalded milk, 1 tablespoon salt, pepper, 3 tablespoons butter and 8 common crackers, soaked in enough cold milk to moisten. Boil up and serve.

Crab Soup.

Six hard-shelled crabs; 3 cups white stock; ¾ cup cracker or bread crumbs; ½ chopped small onion; sprig chopped parsley; 2 tablespoons butter; 2 tablespoons flour; 1 cup cream; salt and

paprika. Chop finely the crab meat, add stock, crumbs, parsley, onion and cook gently 25 minutes. Rub through a sieve. Cook flour and butter together; add to cooked mixture, then the cream and seasoning last.

Oyster Cream.

One quart oysters; 1 quart whipping cream. Simmer oysters in their own liquor until edges curl slightly. Then drain and thicken the oyster liquor with 2 tablespoons of butter and 1 tablespoon of flour. Put the half-cooked oysters into the cream and cook until oysters are perfectly dry, then strain and add the cream to the oyster liquor. Do not leave oysters in soup.

—Mrs. Wait Talcott.

Oyster Broth.

One pint oysters, washed; 1 quart cold water; ½ cup of celery; simmer ¾ of an hour. Skim, strain, add salt and pepper to taste. 1 cup of hot milk, 1 tablespoon butter, added last, ½ cup of cream if desired.

—C. Radecke.

Cherry and Pineapple Soup.

Boil together 1 pint of sour cherries, 1 pint of grated fresh pineapple and 1 quart of water for 20 minutes. Mix ½ cup of sugar with 2 tablespoons of arrowroot (powdered), stir into the hot soup and cook 10 minutes. Strain; add 1 cupful of pitted cherries. Serve ice cold.

—Mrs. Fanny C. Moffatt.

Fruit Soup.

One cup raisins; 1 cup of prunes; 1 cup of cranberries; 1 cup of canned peaches; juice of 1 orange; juice of 1 lemon; 2 cups of water; 1 teaspoon of sago; sugar to taste. Boil; strain; then add 1 cup of canned cherries. Heat it thoroughly and serve with croutons.

—Mrs. Thornson, Rock Island, Ill.

White Wine Soup.

Brown 3 tablespoons flour in some butter. Add 1 quart water. Put over fire. When hot, stir in slowly 1 quart white wine. When it boils, add sugar, cinnamon and lemon rind to taste. Lastly add beaten yolks of 2 eggs.

—Mrs. Edwin St. John.

SOUP ACCOMPANIMENTS.

Dumplings for Soup.

Scald 1 cup milk and 1 tablespoon butter. Stir into this, 1 cup flour, beating continually so that it does not become lumpy. Cook until the mixture loosens itself from the kettle. Allow this to cool somewhat, add 1 well beaten egg and season to taste with salt and nutmeg. The mixture will be very stiff and must be thoroughly beaten. With a tablespoon drop small dumplings into boiling soup stock. As soon as they rise to the top of kettle they are done.

—Mrs. Ferd Stedinger.

Noodles.

One egg; ½ teaspoon salt; flour. To the beaten egg add salt and flour enough to make stiff dough. Roll out on floured board as thin as possible. Cover for about ½ hour. Then cut in strips or roll the sheet and slice off as thin as possible; toss on board and let dry. Add to soup and boil 20 minutes.

Egg Kloesse.

One egg; 1 tablespoon water; salt; 2 tablespoons flour; large pinch baking powder; beat all together until smooth. It should be just thick enough to drop off of spoon into hot soup in small quantities. Let boil a few minutes, and serve at once. Delicious in chicken or beef bouillon.

—Mrs. Radecke.

Croutons.

Take bread cut thin (⅓ inch); spread with butter cut in ⅓ or ½ inch cubes; place in pan and set in the oven until dry and a golden brown, stirring occasionally. Serve with clear soups or cream soups. The butter may be omitted. The cubes may also be fried in deep beef fat, a rich brown.

Toast Sticks.

Cut thin slices of bread (½ inch in thickness), cutting off crusts; make oblong 1 inch wide and 4 inches long. Toast carefully in the oven.

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CHAPTER VI.

FISH AND METHOD OF COOKING.

FISH.

Fish à la Perfection.

From a Man's Point of View.

Take a guide, go miles from anywhere, catch bass or trout, have it prepared with salt-pork or bacon, have it served on a generous slice of bread, accompany it with a cup of fine coffee, top off with a good cigar, and then feel like thanking the stars that you are alive.

—Harrison M. Wild.

Fish should be butchered while alive, slit about 1 inch from the tail, up, hung in the shade about ¾ of an hour to bleed. Prepared in this way will always retain its flavor. Fish are good when the gills are red, eyes are full, and the body firm and stiff.

Table for Cooking Fish.

Trout should always be boiled or baked. White fish is good boiled, but best broiled. Black bass, when large, boiled; when small, broiled. Red-snapper should always be boiled. Muscalonge, baked or boiled. Fresh mackerel should be broiled. Perch, Smelts, Brook Trout, Ciscoes, Bull-heads and Herrings are all better fried.

To Boil Fish.

Place in cold, salt water before cooking, to make it firm. When ready to cook place in cloth bag or wrap in cloth tied tightly, put in cold water and boil. Always put salt in the water before cooking.

To Fry Fish.

Clean, wash and dry thoroughly. Dip in yolk of egg well beaten; then in fine grated bread crumbs, flour or meal. If wished to look extra nice, repeat the egg and bread crumbs. Fry in boiling lard, a light brown, and serve hot free from grease. Fish fried in Olive oil adds greatly to the flavor.

To Broil Fish.

Wash and wipe the fish dry, and split. Lay on the broiler with the skin up. When browned, turn. Have some butter, with pepper and salt in it, and mop it over the fish while broiling. It will take about 20 minutes to cook one of medium size. Serve on hot dish, and pour over it drawn butter.

Creole Stuffing for Baked Fish.

Five pounds trout, white fish or shad; ½ green sweet pepper; ½ cucumber; 1 bunch of parsley; 3 large or ½ can tomatoes; 1 slice salt pork. Grind all together in meat grinder, drain off liquor, add a little onion juice, 2 tablespoonfuls of butter, add cracker crumbs till stiff.

—Mrs. Gussie Miner, The Thadwa.

Anchovy Sauce.

One tablespoon butter; 2 tablespoons flour; rubbed together; moisten with 1 pint boiling water; add ½ tablespoon Anchovy sauce, 2 teaspoonfuls catsup, a little Worcestershire sauce, little salt and pepper, 1 teaspoonful walnut catsup.

—Mrs. Gussie Miner, The Thadwa.

Fish Sauce.

One-half pint cream; 1 medium sized cucumber, chopped and squeezed dry in cloth. To the cream add salt and vinegar to taste, (3 or 4 tablespoonfuls), add dry cucumber and serve very cold.

—Mrs. Webb C. Stevens.

Tartare Sauce.

To be served on white fish, trout, smelts, halibut or fresh cod. One quart Mayonnaise: Yolks of 3 eggs, beaten; 1 pint oil; ½ cup vinegar; ½ cup whipped cream; stir 10 minutes.

Chop up 6 sour pickles, 3 tablespoonfuls of capers, 2 bunches parsley, 1 Sharlot onion, chop very fine; add ¼ teaspoonful paprika, ¼ teaspoonful celery salt, little salt and pepper, then add to Mayonnaise.

—Mrs. Gussie Miner, The Thadwa.

Fish Chowder.

Slice 10 medium potatoes and 5 white onions; season with salt and pepper, and boil 2 minutes covered with water. Boil 3 fish (more or less), 20 minutes. Remove from liquor and bone and skin

fish. Add liquor to potatoes and onions. Dice ½ pound of salt pork and fry until brown. Put these pieces with chowder. Thicken salt pork drippings with 3 tablespoonfuls of flour, add this thickening to chowder and boil 20 minutes. Five minutes before taking off from the stove add fish and 2 tablespoonfuls of butter.

—Mrs. F. G. Shoudy.

Stewed Perch—Old Country Style.

Scale and clean 10 pounds of perch; sprinkle bottom of kettle with flour, salt and pepper and bits of butter. Lay in fish, whole—repeat flour, butter, salt and pepper, then fish until all is in. Pour in water to cover, about 1 quart. Add bay leaf, 6 pepper kernels. Boil slowly 45 minutes, take fish out on platter, add juice of 1 lemon to gravy, strain and pour over fish.

—Mrs. Gussie Miner, The Thadwa.

Fried Shad.

After the shad is cleaned and washed, split it down the back, cut out the back bone, divide the fish into pieces about 3 or 4 inches square, and lay them on a clean dry cloth. Have in readiness a dripping pan or a large frying pan containing hot fat ½ inch deep, roll the fish in flour seasoned with salt and pepper, put it into the fat while smoking hot and fry it brown on both sides; use a broad spatula or cake turner to turn over the pieces in order to preserve them entire. As quickly as the pieces brown lift them out of the pan, lay them on brown paper for a minute to free them from fat and then turn them onto a hot dish. Serve with lemons, pickles or cucumbers.

Shad Roe.

Put the roes in a pan and cover with cold water, and parboil; be careful not to break them. When done take from the water and cool, then season with salt and pepper; dust with flour and dip into beaten egg; roll in bread crumbs or cracker dust; brown in boiling lard and serve hot. May be served on edge of platter with shad.

Fish Balls.

Two pounds pickerel, trout or codfish; scrape from skin and chop fine; add 1 onion chopped and mashed; work in ¼ pound of melted butter till white; ¼ pound of flour; 2 well beaten eggs; then add ½ pint sweet milk or cream, a little at a time. Add salt and pepper to suit taste; drop by spoonfuls in boiling water and cook till done. The lightness of fish balls depends on the amount of stirring.

Creamed Codfish with Poached Eggs.

Shred the codfish; boil in water about 15 minutes. Drain off the water, add rich milk; when it comes to a boil drop in fresh eggs and poach. Take eggs out and arrange carefully around edge of platter. Add a lump of butter and thickening to codfish and pour in center of platter.

—Mrs. H. K. Beatty.

Creamed Salt Mackerel.

Soak mackerel over night in plenty of water, laying fish open side down. Drain off water, put in fresh water to cover, and boil gently 15 minutes; then drain off water; add big lump of butter, and fry very gently on both sides; then add heaping tablespoonful flour, rub smooth into butter; add rich milk or part cream; when thickened sufficiently, serve on hot platter.

—Mrs. H. K. Beatty.

Escalloped Fish.

About 1 quart white fish; 1½ tablespoonfuls of flour; 1 cup cream; 2 eggs; juice of 1 lemon; pepper and salt. Boil the fish whole until tender. Pick to pieces, then mix the above and bake in a baking dish with a big lump of butter in the center; grate cheese on it when most done.

—Mrs. Robert G. McCord, New Albany, Ind.

Baked Fillet of Trout.

Take stale bread crumbs, a little chopped parsley, and celery and a little bacon; mix all together with a little paprika, salt and pepper. Skin the trout and cut into fillets 3 inches wide; put in dressing and roll and bake. Take ½ pint tomato sauce and ½ pint brown gravy, mix and serve on fish.

—Mrs. Gussie Miner, The Thadwa.

Salmon Loaf.

One pound can salmon, drain off liquor and save; mince salmon; add 4 tablespoonfuls melted butter, ¾ cup fine bread crumbs or cracker crumbs, pepper and salt, 3 beaten eggs. Mix and put in buttered mold; set this in a pan of water in oven. Bake about 45 minutes; when done, set in cold water for a minute, then turn out of mold and serve with the following sauce, poured over it: Heat 1 cup of sweet milk, thicken with 1 teaspoonful of corn starch; add 1 teaspoonful of butter and the salmon liquor; then set off of fire and add 1 beaten egg. Season, and if you like it, add juice of 1 lemon.

—Mrs. D. B. Hutchins.

Salmon in a Mold.

One can of salmon; 4 eggs (beaten light); 4 tablespoonfuls butter (melted but not hot); ½ cup of fine bread crumbs. Season to taste with pepper, salt and minced parsley. Chop the fish fine and rub in a bowl with the back of a spoon, adding the butter until it is a smooth paste. Beat the bread crumbs into the eggs and season before working all together. Add the fish and butter and put into a buttered pudding mold and steam for 1 hour.

SAUCE: 1 cupful of milk heated to a boil and thickened with 1 tablespoonful of corn starch. Add the liquor from the salmon or else double the quantity of butter. 1 tablespoonful of butter, 1 egg, 1 tablespoonful of Anchovy, mushroom or tomato catsup. ¼ teaspoonful of mace and a dash of Cayenne pepper. Put all the ingredients together, adding the egg last. Boil 1 minute to cook it and pour the sauce over the salmon after it has been turned from the mold. —MRS. CHANDLER STARR.

Creamed Finnan Haddie.

Put fish in pan and heat in oven until the milk oozes out, remove and use only the nice white flakes. Prepare a nice cream sauce in chafing dish, put in your fish and season with a little salt and paprika. 2 hard boiled eggs, cut into small pieces, and 1 tablespoonful of sherry wine or more to suit taste. Use only a fresh, mealy fish. —MISS CAROLINE RADECKE.

Boiled Halibut.

Put 2 pounds of halibut in sauce pan, cover with fresh water; add 1 sliced onion, ½ sliced carrot and a garnished bouquet; season with salt; 2 tablespoonfuls vinegar. Place lid on and boil gently for 5 minutes, remove from fire, drain well, dress it in a hot dish and serve with Anchovy butter spread all over.

Planked Fish.

Have an oak board made 1¼ inches thick and about 10x18 inches in size. Have a large fish, boned at the fish market, and put it the skin side down on the board. Dredge with flour and salt and squeeze the juice of a lemon over it. Put this in the broiler and cook about 15 minutes. Then arrange mashed potatoes around the edge nicely. Put back in broiler and brown. Take out of broiler, squeeze more lemon over it, garnish with slices of lemon and parsley or watercress if you have it, and serve on the board.

—MISS CAROLINE RADECKE.

Salmon Croquettes.

Take 1 can of nice salmon, put into a bowl and pick to pieces, taking out all bones. Roll 2 dozen crackers with a rolling pin, and mix with the fish. Add a small lump of butter and salt and pepper to taste. Make into patties, dip into a well-beaten egg and fry in butter or grease until a nice brown. Serve while warm. This makes a nice dish for luncheon.

—Hazel Blough.

Salmon Loaf.

One can best salmon (shredded fine); salt and pepper to taste; 1 cup cracker crumbs; 2 well-beaten eggs. Set aside oil for the sauce. Work the eggs well together with the salmon and put in baking tins after shaping into an oblong loaf. Cover sparingly with small pieces of butter and put just a little water in the pan. Bake until a nice brown.

Sauce: One cup sweet milk and the oil, ½ teaspoon mustard. Thicken with flour to a cream, add a few small slices of cucumber pickle after the dressing is cold. Remove loaf to platter and squeeze over it the juice of 2 lemons. Pour over dressing and garnish with parsley.

Codfish Balls.

Two cups raw potatoes; 2 cups salt codfish; 1 egg; 1 tablespoonful of butter; 2 tablespoonfuls of cream. Cut up potatoes and codfish and cook them together until potatoes are done, drain off the water and mash them up while hot and add the egg (not beaten), butter and cream; whip up until light and set away to get cold. When ready to cook them drop from teaspoon in hot lard and fry a light brown.

—Miss Evalda Carlson.

Finnan Haddie.

Soak the fish in sweet milk for 3 or 4 hours. Broil, and pour over a quantity of melted butter, or broil, then cream it, adding a drop of onion juice.

—Mrs. Wait Talcott.

Baked Halibut with Salad Dressing.

Buy 1 halibut steak, weighing about 2 pounds, wipe dry, salt and pepper; squeeze over it juice of half a lemon and 2 tablespoon-

fuls of melted butter, encase in a baking powder crust, minus the shortening, to keep in the juice and bake about 1 hour.

Dressing: Two tablespoonfuls butter; 1 tablespoon flour; mix and put in double boiler, add ½ cup vinegar; 1 teaspoonful mustard; 1 tablespoonful sugar; 1 teaspoonful salt; dash Cayenne pepper, add to above. Pour in 1 cup of cream and beat yolks of 2 eggs until light; add to this. Remove crust from fish, put on hot platter and pour hot dressing over it and sprinkle with parsley, cut fine.

—Miss Caroline Radecke.

Baked Fish with Cheese.

Have a steak cut from the halibut, trout or other good fish. Boil in salted water, when done turn out on buttered platter, make a cream sauce and add to this sauce, 1 can of mushrooms, pour this over the fish and grate cheese all over the top, set the platter in oven on top of a dripping pan and brown nicely. Serve hot from this platter.

—Mrs. Edwin M. St. John.

Baked Halibut with Stuffing.

Get 3 small halibut steaks, ½ pound of cracker crumbs, grated rind of ½ a lemon, a little chopped parsley, a little chopped red sweet peppers, 1 tablespoonful of butter, a little pepper and salt, beat 3 eggs and add a little milk, and mix all together. Grease a pan well with bacon drippings, put in a steak, then some dressing, then a steak and so on, finishing up with a steak. Put slices of bacon crossing each other on top of fish, bake about half an hour and serve on hot platter with crisp slices of bacon on top. Garnish with parsley and slices of lemon.

—Mrs. Ralph Root.

SHELL FISH.

Oysters.

Oysters furnish a delicious change in the daily menu. They can be served in an endless number of ways that will tempt the most delicate appetite. Raw oysters should be opened on the deep shell and served in it on a bed of cracked ice, with the half of a lemon and some stimulating condiment. Oyster cocktail is a popular appetizer and it may be served in hock glasses or in lemon shells. If in the lemon shells, remove the pulp and fill the shells

with small oysters and pour over them a sauce made of 1 teaspoonful of grated horseradish, 2 teaspoonfuls of catsup, a dash of Worcestershire sauce and a pinch of salt. An oyster cocktail is also acceptably served in the center of a small grape fruit from which the core has been removed.

Oyster Cocktail for 5 Persons.

One tablespoonful Worcestershire; 1 tablespoonful Targon vinegar; 1 tablespoonful catsup, Snyder's; 1 tablespoonful lemon juice; 1 teaspoonful horseradish; ½ teaspoonful tobasco sauce; salt to taste. Serve cracked ice and 1 tablespoonful in each dish of oysters.

—Mrs. Arthur Fisher.

Oyster Stew.

To 1 quart of solid oysters use 1 pint of water; when hot, skim. Put in a kettle with butter, salt and pepper. Boil 3 minutes, add 1 quart of new milk which has been previously heated. Bring all to nearly boiling point and serve immediately.

Panned Oysters.

Drain the oysters from the liquor; put them in hot pan or spider as soon as they begin to curl; add butter, pepper and salt. Serve on toast or without if preferred.

Fried Oysters.

Only very fresh oysters should be used—beware of those with a green streak down the back. 1 loaf of dry bakers bread (very much better than cracker crumbs); grate this on a grater, dry the oysters, roll in flour, salt and pepper. Dip in batter made of 1 egg and 1 tablespoonful of milk, then roll in bread crumbs; repeat 3 times, fry in deep fat. Have the fat smoking hot, fry 1 minute.

—Mrs. Gussie Miner, The Thadwa.

Escalloped Oysters.

Put layer of cracker crumbs (not too fine) in bottom of buttered bake dish, then layer of oysters, little lumps of butter; repeat this until dish is filled. Save the liquor, add milk, salt and pepper and moisten well. Bake in a hot oven with cover on, till the last half hour; remove cover and brown nicely.

—Mrs. T. V. Engstrom.

Oyster Omelet.

Beat separately the whites and yolks of 5 eggs. Soak 1 cup of fine bread crumbs in 1 cup of milk with a little salt, add 1 cup chopped oysters drained and seasoned; lastly the stiffly beaten whites. Fry in buttered pan. —Mrs. W. S. Miller.

Oyster Patties.

Make a rich cream dressing, then add oysters; cook until edges curl up, about 3 minutes. Then serve in patties made of rich puff paste.

Lobsters.

Lobsters should always be cooked alive, never dead, for a dead lobster is poison. The only poison or unhealthy part of a live lobster is the dark vein running through the head. This is removed after the lobster is cooked before it is eaten. Baked lobsters are as good as broiled lobsters and are much more easily prepared. Live lobsters should always be kept in sea water and should never be kept very long before cooking.

—Mrs. Chandler Starr.

Baked Live Lobsters.

Split a live lobster and put in a roasting pan in a very hot oven; cook about 15 minutes. The liver (or tomalley) cooked with 1 tablespoonful of butter about 3 or 5 minutes and seasoned with salt, Cayenne pepper and Worcestershire sauce makes a dressing for the baked lobster. —Mrs. Chandler Starr.

Boiled Live Lobster.

Take a chicken lobster (or baby lobster as it is also called); put alive in a kettle of boiling sea water or fresh water salted. Put a cover and weight on top of kettle and boil for 20 minutes or until it has turned from green to a beautiful scarlet. Crack the shells in kitchen and serve hot on platter. The meat is delicate and delicious. Take out of shells at table and eat with a little butter, salt and pepper. —Mrs. D. F. Scott.

Creamed Lobster.

One pint of lobster meat (chopped or picked up). 1 cup white sauce seasoned with celery, parsley and a little Cayenne pepper. Mix with the lobster and put in a baking dish, covering the top with cracker crumbs. Bake in a moderate oven.

—Mrs. D. F. Scott.

Lobster a la Newberg.

Meat of a boiled lobster or 1 can of lobster; good sized lumps of butter; 1 gill of Sherry; 1 pint cream; yolks of 2 eggs. Glass of Sarentine (may be omitted). Put lobster into a pan or chafing dish with butter, stir gently until thoroughly heated. Mix Sherry, cream and yolks of eggs, first eggs and cream. Pour over lobster and let simmer, then add Sarentine, if used. Pour over toasted bread. Sherry may also be omitted.

—Mrs. T. V. Engstrom.

Lobster Cutlets.

Put 2 tablespoonfuls of butter in a dish over a fire; when melted add 2 tablespoonfuls of flour, rub together until smooth, then add 1 cup of sweet cream, salt; when thickened add ½ pound of lobsters, diced. Turn out on well buttered platter and cool, then cut in the form of cutlets, dip in egg, then in cracker crumbs, and fry in deep fat.

—Mrs. Edwin M. St. John.

Shrimps.

Shrimps are served on the Pacific Coast, boiled and served in their shells, which are easily opened. After removing from shell the little dark streak should be pulled out. They are also delicious in salad combined with equal parts of celery and Mayonnaise poured over them.

Buttered Shrimps.

Shell some shrimps and place in a frying pan with a lump of butter, a small quantity of salt and pepper and stir over fire until hot. Fry thin slices of bread in butter, drain, when a golden brown, place them on a hot dish, pile buttered shrimps on bread and serve.

Creamed Shrimps.

Prepare the shrimps, taking them from the shells or the can and let stand in cold water for ½ hour; make a rich cream dressing, break the shrimps in little dice and add to the cream sauce. Put this in Ramikens, with bread crumbs on top and brown in the oven nicely.

—Mrs. Fannie Moffatt.

Steamed Clams.

Clams for steaming should always be alive and in the shell. Wash the shells thoroughly and put in steamer over a kettle of boiling water; steam about 20 minutes. Serve in large soup plates, in shells. The true way to eat, is to take the shell up in the fingers, open it and take out the clam and dip in a saucer of melted butter and eat. It is a dish fit for the Gods. Only novices attempt to eat steamed clams with a knife and fork.

—Mrs. Daisy Force Scott.

Stewed Soft Clams.

Thoroughly wash about 3½ dozen fresh soft clams so that no sand remains in them after they are opened; lay them carefully on the palm of the left hand and with the right hand remove the body with care, but nothing more, being cautious not to break it, and throwing away all the other part. When all are prepared, place them in a stew pan with 1 ounce of butter, small pinch of white pepper, 1 wine glass of Maderia wine and 2 finely hashed medium sized truffles; place the cover on pan and cook gently for 7 or 8 minutes. Break the yolks of 3 eggs into a bowl, add 1 pint of sweet cream and beat well for 3 minutes. Pour this over the clams and toss the sauce pan for about 3 minutes more very gently to thoroughly mix the clams with the cream, but not letting the liquor boil again. Neither a fork or spoon should ever be used in mixing them. Serve in hot dish at once.

Clam Fritters.

Place some fresh clams into one pan, and the liquor from them into another. Prepare a mixture of broken crackers and flour in equal quantities and dip the clams first into their own liquor and then into this, repeating this operation 3 times, finally dipping them into milk, and then again into the flour mixture. Have prepared some boiling lard, drop in a few clams at a time, let them fry for about 5 minutes; then remove them with a skimmer, place them on a strainer, drain away the fat, and they are ready to be served. The pan containing the lard should be so deep that the clams will be covered when put in.

Crabs.

Crabs are in season from April to September. The richest flavored crabs are those of medium size, say from 6 to 10 inches in their broadest diameter. They should be boiled alive, being

plunged into cold water and as the water warms a handful or so of salt should be thrown in. Boil 20 minutes or ½ hour, according to size. Some authorities claim that if they are put in hot water first they are apt to throw off their claws by a violent jerk and then the water would soak into the flesh and make it sloppy. The scum should be carefully skimmed off after the salt is put in. They should be firm and stiff and the eyes bright. The male crab has the largest claws, therefore is much more preferable.

Broiled Soft-Shell Crabs.

Dip some soft shell crabs into melted butter and season with pepper and salt. Broil them until the shells are slightly brown. As soon as done, serve them hot, with melted butter or lemon juice or with a lemon cut into quarters. Slices of hot toast should be laid under them.

Stone Crabs.

Should be served cold as they are considered dangerous to eat hot. Plunge in boiling hot water, cook 30 minutes. Break shells with hammer; serve on platter with tartare sauce or French dressing.

—Mrs. Gussie Miner, The Thadwa.

Deviled Crabs.

One quart crab meat; 3 large boiled potatoes, chopped fine; ¼ pound bacon, chopped; 1 tablespoonful cracker meal; 2 eggs; salt, pepper and Cayenne pepper. Put back in shell and bake 1 hour, baste with butter and water.

—Mrs. Gussie Miner, The Thadwa.

Frogs Legs.

Lay the frogs on their backs. Make a long incision from the neck along the side of the belly. Make another at right angles across the middle of the belly, dissect, cut the entrails and cut away the head, leaving only the back and legs. Skin the frogs and chop off their feet. Wash them thoroughly and blanch in scalding salted water. Prepare 18 in this way, lay the hind quarters in a dish and pour over them 2 tablespoonfuls of sweet oil. Seasoning with salt and pepper and a little lemon juice; roll them around several times in this seasoning, place in a broiler and broil for 4 minutes on each side. Arrange on a hot dish and serve.

Frog Legs Provencal Fashion.

Remove the bones from the legs and cut the meat in ½ inch pieces. Melt 2 tablespoonfuls of butter in the blazer, and in it sauté the pieces of meat to a golden brown color. At the same time sauté in the pan, for each cup of meat, 2 mushroom caps, peeled and broken in pieces, and a small bit of garlic, crushed fine. When all are browned, stir in 2 tablespoonfuls of flour and a dash of salt and pepper. Stir and cook until the flour is absorbed, then add half a cup each, of rich, brown stock and tomato purée. Stir until the boiling point is reached, then finish with 4 or 5 small, stoned olives, twice as many bits of cooked carrot, and 2 tablespoonfuls of claret wine, and serve.

Baked Terrapin.

Cut off the head of a live Terrapin, put it into a pot of boiling hot water, with the shell on and boil, until under shell can be removed easily. Take out all the meat, cleaning the upper shell thoroughly; pick meat to pieces and mix it up with a few crackers and chopped onions, a small quantity each of allspice, black pepper, chopped parsley and butter, and pour over a small quantity of wine. Put back into top shell, place slices of lemon on top, set n oven and bake. When done, serve hot.

Terrapin à la Maryland.

Cut the bones and entrails of 1 terrapin into small pieces and with the meat cook them in 1 cup of chicken stock and 2 tablespoons of wine slowly till the liquor is cooked down one-half. Cut the liver in pieces and add it with the yolks of 3 eggs, slightly beaten; 1 teaspoon lemon juice; 2½ tablespoons butter, creamed with 1 tablespoon flour; ½ cup cream; add salt, black and Cayenne pepper to taste. Cook a little longer and just before serving add 1 tablespoon sherry.

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CHAPTER VII.

MEATS.

Beef.

Tastes differ as to the choice cuts and butchers cut differently. From the hind-quarter of beef are cut the rump for boiling or roasting, the round, the rump, the sirloin and the porter-house steaks. From the hip bone to the ribs are cut the porter-house steaks. The larger porter-house steaks, containing larger portions of the tenderloin, are near the hip bone. The smaller porter-house steaks, containing almost no tenderloin, sometimes called club-house steaks, are near the ribs.

The tenderloin, which is the choicest piece, when removed whole, is called the fillet and may be used for roasting or broiling. It lies under the short ribs and close to the back-bone and is usually cut through with the porter-house and sirloin steaks. Of these the porter-house is usually preferred. The small porter-house steaks are the most economical, but in the larger steaks the coarse and tough parts may be used for soups, or, after boiling, for hash, which is really a very nice dish when well made.

A round steak is sweet and juicy when the leg is not cut down too far, the objection being its toughness, to cancel which it may be chopped fine, seasoned and made into croquettes. There is no waste in it, hence it is the most economical to buy. The interior portion is the tenderest and best. Round steak, if well pounded to make it tender, has the best flavor. The best beef for à la mode is also the round. Have the bone removed and trim off all the gristle.

The choicest portions of beef for roasting are the ribs, the five first of which are the "prime ribs." This cut is the finest and best flavored piece of the beef for roasting, excepting possibly the sirloin, which is rarely used as a roast in this country.

The sirloin as a roast is second to none, but for carving it needs an experienced hand; the loss through trimming and cooking is more than one-third its weight. Another piece of beef sometimes used for roasting is the rump or short hip of beef. It is more suit-

able for braising or for steaks. It is not, however, considered as juicy as are the other portions of the beef.

The best cuts for pot-roasts are the rump, round arm piece and the chuck roast.

For those who wish lean corn-beef which will slice nicely, the rump is best. If some fat is desired with the lean, select a fancy brisket or plate piece.

Mutton.

For roasting mutton choose the leg or loin. The loin is the sweeter, but very wasteful. The leg of mutton is more economical for boiling or roasting and slices beautifully. For stews use either the breast or shoulder. The breast is sweeter, but the shoulder has more lean meat in proportion. The loin mutton chop is considered to be more tender, but the rib chop is sweeter. With the meat trimmed from the end of the rib and prepared for the paper holder, it is called the French Chop. The loin chop, with the bone removed and fastened in a circular form by a skewer, is known as the English Chop.

In selecting beef or mutton, choose that which has plenty of white, fine-grained fat.

Spring Lamb.

The hind-quarter of spring lamb is more easily carved than the front-quarter and is also more expensive. The front-quarter is considered to be much sweeter and can be boned before cooking.

The crown roast of lamb is probably the most attractive form in which a lamb roast can be served. It is taken from the fore-quarter of the lamb. The meat is formed in a circle with the ends of the ribs "Frenched," the whole representing a crown.

Veal.

Veal is best from calves not less than four nor more than six weeks old. The meat should be clear and firm and the fat white. If dark and thin, with tissues hanging loosely about the bone, it is not good.

The choicest roast of veal is the loin with the kidney left in. For broiling or frying, the rib or loin chops are the sweetest and tenderest, but many prefer the cutlets from the leg or round.

The knuckle of veal is the part left after the fillets and cutlets are removed and is best for soup or boiling. The shoulder and neck are also nice for stews or soup. The breast of veal is good for roasting, stewing and pies. It can be boned, then rolled, or a large hole may be cut in it for stuffing.

Pork.

The loin or rib is the best part for roasting. The lean meat must be fine-grained, and the fat and lean very white. The shoulder is cheaper than the loin and is not as wasteful. The ham is nice for roasting if from small, young pork. The rib pork chops are the sweeter, but the loin chops are the more economical.

The tenderloin is cut from the inside of the loin and may be used as a roast or for broiling.

Ham.

The best hams, whether fresh, or cured and smoked, are those from 8 to 15 pounds in weight, having a thin skin, solid fat and a small, short, tapering leg or shank.

Tongues.

Beef, calf, lamb, sheep and pig's tongues are used. Calf's tongue is considered the best, although lamb's tongue is very nice. Choose those which are thick, firm and have plenty of fat on the under side. In buying salt tongue, select one with a smooth skin, which denotes that it is young and tender.

Sweet Breads.

Sweetbreads, if properly cooked, make one of the most delicious dishes that can be served. There are two kinds, one found in the throat of the calf (when fresh it is plump, white and fat, of an elongated form); the other, the heart sweetbread, which is finer than the throat sweetbread, is attached to the last rib and lies near the heart. The form is rather round and it is firm and smooth. The color should be clear and a shade darker than the fat.

In roasting meats allow from 15 to 20 minutes to the pound, according to the thickness of the roast. The oven should be too hot to hold the hand in for only a moment when the meat is first put into it. This crisps the surface and sears the pores of the roast, thereby preventing the escape of the juices. The choicest roast can be absolutely ruined by a cool oven. After preparing the roast for the oven and placing in dripping pan do not put water in the pan, as it prevents the desired crispness and destroys the flavor of a roast. Baste it thoroughly before placing in the oven with butter or suet fat, afterwards basting frequently with its own drippings, which always makes it more tender. If it is necessary to add water, do not put it in pan until the meat has been in the

oven about half an hour, or until it begins to brown, and then only a very little of hot water and butter.

All meats should be seasoned when partly cooked, as the salt toughens the meat and draws out the juices.

Mutton, lamb, veal and pork should be cooked more slowly and thoroughly than beef, with a moderate fire.

In roasting veal, some cooks put in half a cup of boiling water and butter when placing it in oven.

Fresh meat for boiling or stewing should be put into boiling water and closely covered, as it thus retains its flavor. Boil slowly about 20 minutes to each pound, salting when it begins to get tender.

Salt meats should be covered with cold water and require about 30 minutes to the pound of very slow, steady boiling. Always pour off the first water and add another of boiling water.

Boiling meats should simmer continually and be replenished with boiling water until thoroughly cooked.

In broiling steaks or chops have a very hot fire or pan. Turn often in order to keep the juices in. It also increases its tenderness. Never pierce the lean part of any meat with a fork, as that allows the juices to escape.

MEATS.

"Some hae meat that canna eat
And some wad eat that want it
But we hae meat and we can eat,
Sae let the Lord be thankit."

—Burns.

BEEF.

Prime Roast Beef.

The first seven ribs are best. Have the chime removed, and ribs sawed about an inch long. Lay in a dry roast pan; sprinkle plentifully with salt and pepper, and place in hot oven, allowing 15 minutes to the pound. Do not add water, nor turn the roast over. When done, remove the roast and drain the grease from roast pan. Put a quart of water in pan, let it boil; then stir 1 tablespoon flour in water, and add while boiling, for gravy.

—Mrs. Thompson.

Fillet of Beef.

Strip it of all fat, scrape and wipe; then rub with red pepper and salt; juice of 2 lemons; 1 glass of Sherry wine. Put in baking pan with a little butter for basting and bake ¾ of an hour for a

5 pound fillet. Baste thoroughly with the butter. Put sprigs of parsley, pieces of celery, 1 small onion into the pan when you baste the meat.

—Mrs. Anna Gustafson.

Braised Beef.

Wipe and trim 6 pounds round or rump of beef without bone, sear brown on all sides in very hot frying pan over a hot fire. In braising pan or iron kettle put layers of sliced onions, turnips and carrots; add a bunch of sweet herbs, 1 teaspoon salt, ½ teaspoon pepper. On this lay meat. Add 1 pint boiling water (or water and stewed tomatoes), cover closely and cook 4 hours in a moderate oven. If water evaporates rapidly, add more. Transfer meat to hot platter. Strain, thicken and season gravy. The vegetables may be served separately if desired.

—Miss C. A. Williams

Braised Beef, en Casserole.

Brown every side of a 4-pound piece of round steak in fat, in a hot frying pan. Then fry in the pan 1 sliced onion; 1 carrot; 1 stalk celery, (diced); a small turnip, (diced); a sprig of parsley, chopped fine; a quarter of a bay leaf and 1 minced pimento. Place part of the vegetables under the meat and part around the side of it. Add ½ cup of strained tomato and 1 cup hot water. Cover the casserole and bake 4 hours.

—Mrs. Edward M. Heiliger.

Porter-House Steak with Mushrooms.

Have frying pan hot. Lay on steak, and watch carefully not to let it burn. When brown on one side, turn and brown on the other. Have no grease or butter in the pan. Heat platter, and lay on your steak, covering with the following: Place 2 tablespoons butter in sauce-pan, let it melt; add tablespoon flour, stir over the fire until smooth; then add 1 cup milk, 1 small can mushrooms with their liquor and let it come to a boil. Pour over your steak, garnish with parsley and sliced lemon, serving hot. This is delicious.

—Mrs. Thompson.

Spanish Steak.

Take a round of steak, fry it brown in plenty of butter, lift out of skillet and put in a baking pan. Sprinkle with salt and pepper and fry a sliced onion brown in the butter remaining in the fry-

ing pan. Spread onion over the steak and cover it with half a can tomatoes, juice and all; cover pan and bake 1 hour in a slow oven, basting frequently. Make a gravy of drippings remaining in the pan and serve piping hot. —Mrs. Chandler Starr.

Planked Steak.

Rub a sirloin steak, cut about 2 inches thick, with lemon juice and butter. Place on a plank, which has been heated through in the oven. Put in a very hot oven. After 10 or 12 minutes cooking, turn the steak and return to the oven for another 10 minutes cooking. Garnish with parsley, latticed potatoes and little string beans. The steak must be served on the plank, which can rest on a large tray. The plank must always be thoroughly heated through before the meat is placed upon it, and until it has been used 3 or 4 times will have to be brushed with melted butter.

—Mrs. A. E. Henry.

Steak Smothered in Mushrooms.

Place porter-house steak in smoking hot pan, sear quickly on both sides; remove to slower fire until done to suit taste. Place on hot platter. Put a tablespoonful or more of butter in frying pan, brown slightly; add can of mushrooms; heat thoroughly; thicken with a little flour and pour over and around steak. Serve very hot. —Mrs. M. A. F.

Beefsteak and Oysters.

Broil porter-house steak the usual way; put 1 quart oysters with very little of the liquor into a stew-pan upon the fire, and when it comes to a boil take off the scum that may rise. Stir in 3 ounces butter, mixed with a tablespoon of sifted flour; let boil 1 minute, until it thickens. Pour it over the steak. Serve hot.

—A. B. W.

Round Steak.

Take round steak, cut in inch squares; roll in flour and brown nicely in butter or suet drippings. Add water to cover, pepper and salt to taste. Let boil slowly for 1 hour until tender. It makes a nice brown gravy. Then cook peas, beans, carrots and new potatoes (separately); season to taste. When ready to serve, put meat in center of platter and the vegetables separately around the meat. Then pour the gravy over meat and serve. This makes a very pretty and appetizing dish. —Mrs. A. E. Henry.

Pressed Beef.

First have your beef nicely pickled; let it stay in pickle a week. Take the thin flanky pieces, put on a large potful, boil until perfectly done; then pull to pieces; season as you do souse, pepper, salt and allspice. Put in a coarse cloth and press down upon it some very heavy weight.

California Sparrows.

Take round steak cut thin. Cut up into pieces 4 inches square. Cut up bacon and onions in very small pieces and spread a layer of the mixture on each piece of steak, seasoning well with salt and pepper. Roll each piece tightly and hold together with wooden tooth-picks. Fry out bacon fat, add a little butter and brown each piece quickly in an iron kettle. Add a little hot water and a sliced onion. Cover with a closefitting lid and simmer slowly until tender, adding hot water as needed.

—Anna Nelson Reck.

English Beefsteak Pie.

Cut round of beef in 2 inch squares. Take an earthen jar, put in layer of meat, sprinkle over it quite a little flour; season to taste; butter. Continue until the jar is ¾ full, cover with cold water; bake as beans. Serve with noodles. —Mrs. Chas. Reitsch.

Scotch Roll.

Take 5 pounds of flank, trim off all the rough edges. 3 tablespoons salt; 2 tablespoons sugar; 1 tablespoon black pepper; ½ tablespoon cloves; ½ tablespoon allspice; 3 tablespoons vinegar. Mix all and rub it into the meat; roll up, tie and let it stand over night; then boil until tender. —Mrs. W. S. Barr.

Beef Roll.

Take 1½ pounds round steak, put through a meat grinder; season with salt; pepper; a little onion, (if liked); lemon juice; parsley; 1 egg, (not beaten); and cracker crumbs enough to bind. After it is well mixed press out with the hand into a long roll about 1 inch thick; lay 3 hard boiled eggs down the center and roll meat around them. Tie with a string, put in the oven in a pan with a little hot water. Cook 1 hour, basting often with hot water and butter, and serve on a platter. Thicken the gravy and pour over it. Garnish with carrots put around the meat.

—Mrs. Fannie C. Moffatt.

German Stew.

Take a sirloin steak about 3 inches thick, put in a frying pan in which a small onion and some butter have been browned. Brown the steak on both sides; cover with water; add carrots sliced very thin. Turn the fire very low and cook about 3 hours very slowly. Arrange the carrots around the meat on a platter, thicken the gravy and pour over it and serve. Canned tomatoes can be used instead of the carrots.

—Mrs. Fannie C. Moffatt.

French Ragoût.

Take 4 pounds of beef from loin; put into a casserole a large tablespoon butter, a few slices onion. When the butter is browned put in the meat and pour over it a tablespoon brandy, then a cup of boiling water and cover closely. When the liquor is nearly boiled down, turn the meat and repeat with the brandy and water. After an hour add potatoes, cut in two, and slices of carrots, which can be served as a garnish for the meat.

—Mrs. Charlotte Watson.

Goulasch.

One pound beef; 1 pound pork; 1 pound veal (also if desired 1 pound veal kidney); 1 cup chopped onion; 1 small tablespoon paprika; ¾ tablespoon mixed spices; ¾ cup vinegar; 1 cup Rhine or Sherry wine; salt to taste. Melt 1 tablespoon lard in hot kettle, add the paprika and stir. Then add meat, cut in inch pieces, also the rest of the ingredients except the wine, which is added the last half hour. To be cooked slowly 3 hours.

—Mrs. Ferd Stedinger.

Beef à la Mode.

Take 4 or 5 pounds of good boiling beef; cover with vinegar; add 4 or 5 onions, sliced (or more if desired); few whole peppers and bay leaf. Let stand 2 or 3 days, then add water to boil it in, 1 tablespoon brown sugar, salt and pepper to taste. Cook until very tender and thicken gravy with flour. Very good with dumplings.

—Mrs. A. E. Henry.

Hamburger Steak.

Take a pound of round steak, without any fat, bone or stringy pieces; chop very fine and add small onion, chopped fine. Mix well together. Season with salt and pepper. Make into cakes as

large as a biscuit, but quite flat or into one large flat cake a half inch thick. Have ready a frying pan with butter and lard mixed. When boiling hot, put in steak and fry brown. Garnish with celery top around edge of platter with 2 or 3 slices of lemon on top of meat.

—Mrs. E. A. Van Wie.

Pot Roast.

Take 4 pounds of rump larded with suet, season with salt and pepper. Let stand over night with a weight on it. Into a kettle put a large spoon of good fat and 1 onion, sliced. Brown the meat well on all sides in this, add 1 carrot, tomato, 2 or 3 bay leaves, small end of rye bread and sufficient hot water to barely cover; cook slowly. Keep well covered.

—Mrs. A. E. Henry.

Mock Duck.

Select a large, round steak. Make a dressing as follows: Break up bread and soak in cold water for a few minutes; drain off the water and squeeze the bread nice and dry; and add 1 egg. Peel and chop 2 good sized onions; have 2 tablespoons of butter or lard in frying pan into which place the onions and fry slowly for 5 minutes. Then pour the onions, with the grease, over your previously soaked crumbs, and mix all together. Lay the steak out straight and spread on the dressing, and roll up, fastening with skewers or tie with a string. Butter a baking dish, lay in, and bake for 1½ hours; baste with a little water.

—Mrs. A. E. Henry.

Meat Cakes.

Remove skin and fat from cold meat; put through chopper; make white sauce of 1 cup milk, 2 tablespoons flour, 2 of butter, ½ teaspoon salt, ¼ teaspoon pepper, ¼ nutmeg. Moisten the meat with white sauce, make into round cakes; fry in hot lard or drippings.

Alice B. Watts.

Corned Beef Hash I.

Two cups lean cooked corn beef; 4 cups cold chopped potatoes; salt and pepper to taste. Moisten with rich milk, put in a pan, dot with butter, and bake about 1 hour.

—Mrs. Wm. Walton.

Corn Beef Hash II.
à la Marshall Field's Tea Room.

One cup chopped corn beef; 2 cups chopped boiled potatoes; 1 cup scalded milk; butter the size of an egg. If meat is pretty salt, do not salt. Add a little pepper. Mix and put into a buttered baking dish with small pieces of butter on top. Bake until brown.

—Mrs. Margaret Weldon.

Spanish Hash.

Two cupfuls cold boiled rice; 1 cupful cooked tomatoes; 1 small chopped onion; 2 cupfuls chopped venison or beef; season with salt and paprika to taste. Mix rice, tomatoes and onion; fill the baking dish with layers of rice and meat, cover with crumbs and bake about half an hour.

—Mrs. Stanton A. Hyer.

Beef Loaf I.

One-half pound salt pork; 3 pounds round steak; 2 large tomatoes; 2 slices bread soaked in milk, and squeezed out dry; 1 large egg. Salt and pepper.

—Mrs. G. R. Smith.

Beef Loaf II.

Two pounds round steak, chopped fine; ½ pound salt pork; 2 eggs; butter the size of an egg; 1 cup sweet milk; salt and pepper; 1 teaspoon sage. Mix all together with enough bread crumbs to make in a loaf. Bake in oven 45 minutes.

—Mrs. Harry Dickerman.

Lemon Beef Loaf.

Two pounds lean beef; ¼ pound salt pork; 3 eggs, beaten; 1 cup sweet milk; 1 teaspoon grated lemon peel; salt and pepper. Add enough cracker crumbs to mold into a loaf. Cover sides and top with thin peeled slices of lemon. Bake 1 hour.

—Mrs. P. R. Wood.

Meat Balls (Spanish.)

Mix 1 pound finely chopped venison or beef with 1 egg, salt, pepper, herb seasoning or few drops Kitchen Bouquet, and cornmeal to make rather a stiff mass. Shape into balls about the size of walnuts and roll in cornmeal. In a deep kettle put a tablespoonful of butter and 1 of flour; add 1 large onion, chopped fine; 1 chili pepper, or ½ teaspoonful paprika; 2 tomatoes sliced fine and a

little parsley and salt. Put all in 2 quarts boiling water; boil about 5 minutes, then drop in meat balls and boil 30 minutes. Turn all in deep dish and serve hot. Very good.

—Mrs. Stanton A. Hyer.

Fricandelles.

Chop fine 1 pound steak or veal and ½ cup of bread crumbs; boil bread crumbs with ½ pint milk. Stir while boiling till smooth. Mix with meat; add 1 teaspoon butter, and salt and pepper to taste. Roll into oblong balls. Dip in egg and brown in butter; then remove to a platter. To the butter, in which the balls were browned, add flour for thickening, and ½ pint of water. In this let the balls simmer slowly for 1 hour. Serve with this Worcestershire sauce.

—Mrs. Dwight Cutler.

Braised Tongue.

Wash a fresh beef tongue and with a trussing needle run a strong twine through the roots and end of it, drawing tightly together to have the end meet the roots; then tie firmly. Cover with boiling water and boil gently for 2 hours, then take up gently and drain. Put 6 tablespoonfuls of butter in the braising pan and when hot, put in a small carrot, half of a small turnip and 2 onions, all cut fine. Cook 5 minutes, stirring all the time, and then draw to one side; turn and brown the other side. Add 1 quart of water in which it was boiled, a bouquet of sweet herbs, 1 clove, a small piece of cinnamon, salt, pepper and flour. Cover and cook 2 hours in a slow oven, basting often with the gravy in the pan. When cooked 1½ hours, add the juice of a lemon to the gravy. When done, take up. Melt 2 tablespoonfuls of glaze and pour over the tongue. Place in the heater until the gravy is made. Mix 2 tablespoonfuls of cornstarch with a little cold water and stir into the boiling gravy, of which there should be 1 pint. Boil 1 minute, then strain and pour over the tongue. Garnish with parsley, and serve.

—Mrs. Fannie C. Moffatt.

Cornish Pastry.

To 4 cups flour, add 1½ cups beef suet, ground fine; level teaspoonful salt; ½ teaspoonful baking powder. Toss until well mixed, then wet with cold water as for pie crust. Roll to half inch thickness, spread thick with filling of 2 pounds fresh beef steak, cut into inch dice, 4 to 6 cold boiled potatoes diced fine, and over

all scant ½ cup suet, the whole generously seasoned with salt and pepper. Fold the edges of crust together as for "apple turnovers," and bake 45 minutes in a moderately hot oven.

—Caroline B. Goddard.

Beef Rice Croquettes.

Mix 1 cup of finely cut raw beef, from top of the round with ¾ cup of cooked rice, ½ teaspoon salt, ¼ teaspoon pepper and a little Cayenne. Take whole cabbage leaves, boil them 3 minutes in salt water. Put a tablespoon of mixture in each leaf and roll and fasten with a toothpick.

Tomato Sauce: Take 1½ cups each of brown stock and strained stewed tomatoes, 1 slice each of carrot and onion, a bit of bay leaf, sprig of parsley, 4 cloves, ¾ teaspoon of salt, ¼ teaspoon of pepper, a little Cayenne. Cook 10 minutes. Brown 4 level tablespoons of butter. Add 5 level tablespoons flour and brown in the butter. Add the above to this, cooking till smooth and thick. Pour over the croquettes, and cook them in the sauce for 1 hour and 15 minutes on top of the stove, covered, and with slow fire, basting often. This will serve nine. The brown stock may be made from any good brand of beef extract.

—Miss Mary Bennett.

MUTTON AND LAMB.

Roast Mutton.

Wash roast well, dry with clean cloth, and lay in dripping pan. Put in a little water to baste it with at first, then use the meat drippings. If fire is very hot, allow 12 minutes to the pound. If it browns too rapidly, cover with sheet of white paper. Baste often, and 15 minutes before roast is done dredge the meat lightly with flour and baste with butter. Garnish dish with parsley.

—E. L. V.

Stewed Breast of Mutton.

Cut rather lean breast in pieces about 2 inches square. Put into stew pan with little fat or butter and fry brown. Dredge in a little flour and add 2 sliced onions and little celery. Pour in water to just cover meat. Simmer whole gently until mutton is tender. Take out meat, skim all fat from gravy and return meat to gravy. Add can of peas and boil gently until done.

—W. D. F. F.

Boiled Mutton—Caper Sauce.

Select 5-pound piece hind quarter. Put on to boil, covering with cold water. Leave cover off until it boils briskly; then skim off the top, and add salt and pepper to taste. Boil slowly until quite tender. Remove from the water, and add the following for sauce: 1 tablespoon flour, mixed with 1 tablespoon butter; 2 tablespoons lemon juice; ½ cup of capers. —Mrs. Thompson.

Mutton Steak with Tomato.

Take steak cut from the leg; dip in egg and crumbs; sprinkle with salt and cut parsley. Fry in a little butter or lard. When steak is done, lay it on a hot dish. Pour a teacup of hot water into frying pan, dredge in some flour, and as it boils, stir thoroughly. Place baked tomatoes in the center of platter and arrange steak around them and pour over it the gravy.

—Mrs. Anna Gustafson.

Mutton or Lamb and Mushroom Stew.

Four pounds neck or breast of lamb. Remove fat, cut into small pieces, cover with water. Simmer until meat falls from bones. Remove bones, skim off any grease there may be on top, season with salt, pepper and a little onion, if liked. Add the mushrooms and liquor from 1 can of French mushrooms.

—Mrs. Wm. Walton.

Meat and Potatoes.

Mince mutton fine with onions, pepper and salt; add a little gravy; put into scalloped shells or cups. Make them three parts full; fill them up with potatoes (mashed with a little cream); put bit of butter on top and brown in oven.

Irish Stew.

Two and one-half pounds chops; 8 potatoes; 4 turnips; 4 small onions; nearly a quart of water. Time about 2 hours. Place chops in stew pan with alternate layers of sliced potatoes. Add turnips and onions, cut into pieces. Pour in nearly a quart of cold water. Cover closely and stew gently until vegetables and meat are thoroughly cooked. —Mrs. E. A. Van Wie.

English Mutton or Lamb Chops—En Casserole.

Roll in egg and bread crumbs; brown in butter in hot pan. Remove from this pan and put them in a casserole with ½ cup butter. Keep just below boiling point for 1 hour.

—Mrs. Daisy Keeler King.

Planked Lamb or Mutton Chops.

Place the chops on the hot board and put in a very hot oven. Turn often and baste frequently with a well seasoned tomato sauce. Garnish with stuffed tomatoes and parsley and serve on the plank.

VEAL.

Veal Roast.

Butter meat and sprinkle with bread or cracker crumbs; seasoning with salt and pepper.

Sauce: 1 cup sour cream with a little flour stirred into it. Put in the pan when meat is done.

—Mrs. Anna Gustafson.

Baked Veal Cutlets—En Casserole.

Lay in a heated, buttered casserole, 1½ pounds veal cutlets; add 1 cup seasoned stock, then spread over the cutlets a dressing made of 2 cups bread crumbs; 1 onion, chopped fine; a beaten egg; 1 tablespoon melted butter; 1 teaspoon salt and pepper. Cover, and cook ½ hour in a hot oven, then uncover and brown. Serve with a sour jelly or spiced gooseberries.

—Mrs. Edward M. Heiliger.

Veal Ragout au Parmesan.

(a) Two pounds lean raw veal, cut in small pieces; roll in flour and brown in 1 tablespoonful butter; add 1 quart hot water, salt and half a teaspoonful paprika.

(b) One-half can tomatoes.

(c) One-half package hot, boiled spaghetti.

(d) One-fourth cup Parmesan cheese.

Simmer (a) 2 hours, add (b); cook ½ hour and add (c). Bake in a casserole and sprinkle the cheese over the top.

—Luncheon Club.

Veal Stew—With Dumplings.

Shank or shoulder of veal. Wash carefully and put in kettle. Cover well with water. Remove all scum as it rises. Cook thoroughly until very tender, and salt well. About 20 minutes before meat is ready to remove from fire, thicken the gravy and drop dumplings in kettle.

—Mrs. E. A. Van Wie.

Veal Birds I.

Cut thin veal steak into narrow strips; spread thinly with Jones' sausage (bread crumbs with chopped parsley may be used instead); roll and fasten with tooth-picks. Roll in flour and fry in butter until brown. Cover with water; add a bay leaf, onion, cloves and whole peppers; simmer for an hour and a half. Thicken the gravy and pour over birds, when they are ready to serve.

—Mrs. E. M. St. John.

Veal Birds II.

Cut up the veal in pieces about 2 inches square and pound each piece until it is quite flat and twice as large as when you began. Dust all this with salt and pepper and lay upon it a leaf of parsley and a strip of bacon about size of pencil. Roll it up and either tie with string or skewer with wooden tooth-picks. Roll in flour and brown in a mixture of butter and drippings, and when birds have become brown, pour into sauce pan enough water to cover them and simmer gently until tender. Take out the birds, remove the skewers or strings, and arrange on a platter. Add a little cream to the gravy left in pan and thicken with a little flour, made very smooth with little milk. Then pour it over the birds.

—Mrs. H. R. Sackett.

Veal Loaf I.

Three pounds raw veal; ½ pound raw salt pork, chopped fine; 3 Boston crackers rolled fine (or bread crumbs); 3 eggs; 1 teaspoonful black pepper; a little sage; little mace or nutmeg; 1 tablespoon salt. Make in loaf and baste while baking with butter size of an egg, with water. Put on outside of loaf a small quantity of rolled crackers. Bake about 3 hours. Very nice cold.

—Mrs. T. V. Engstrom.

Veal Loaf II.

Two pounds veal, chopped; ¼ pound salt pork; 4 eggs; butter. Slice eggs over bottom of greased pan, then a layer of meat, and alternate layers of egg and meat, properly seasoned, until it is all used. Shave butter over top, nearly cover with water; tie double paper cover over it; bake 1 hour; remove paper; put plate with weight on and bake 1 hour more. If it is eaten cold, leave weight on until it is cold.

—Mrs. Chas. Andrews, Sr.

Veal Loaf III.

One pound each lean veal, beef and pork; 2 eggs; 1 cup cracker crumbs; 3 tablespoonfuls vinegar; ¾ cup milk; salt and pepper. Mix well and put a little butter on top to bake.

—Mrs. Josephine Richolson.

Veal Loaf IV.

Chop 2 pounds veal; add ¼ pound salt pork, chopped; 1 cup cracker crumbs; 2 eggs; 2 teaspoons each of salt, sage; also a little pepper. Mix well and press in pan and steam or bake about 3 hours.

—Mrs. Cleveland.

Meat and Rice Loaf.

One cup cold chopped meat; 1 cup boiled rice; 1 egg; 1 onion; 1 teaspoon minced green pepper; butter; salt; ½ cup milk. Put in buttered mold and bake. Serve with tomato sauce.

—Mrs. Chas. Reitsch.

Croquettes of Veal I.

Cut enough of cold veal to fill 2 cups; add ½ the quantity mushrooms, if you have them (if not, use 1 tablespoon tomato catsup). Place in a sauce-pan 1 large cup Bechamel sauce, stir in meat, season with salt and pepper. When thoroughly hot, spread on a plate and stand aside to cool. When cool, shape, dip in egg and bread crumbs and fry. —Mrs. Geo. O'Shay.

Veal Croquettes II.

Two cups cold cooked veal, chopped; ½ teaspoon salt; ½ teaspoon white pepper; yolk of 1 egg; few grains paprika; few drops onion juice; 1 cup thick white sauce; 3 teaspoons Asparox; 1 cup milk; ½ cup flour; ¼ teaspoon salt. Cool, shape into croquettes and fry. —Mrs. H. H. Hosley.

Spiced Meat.

Two pounds veal and 1 pound beef, chopped fine; 3 eggs; 2 thick slices bread, chopped fine; 2 tablespoonfuls melted butter; 2 scant tablespoonfuls salt; 2 scant teaspoonfuls ground sage; 2 scant teaspoonfuls pepper; 4 hard-boiled eggs. Mix everything except hard-boiled eggs together; cut off the ends of hard-boiled eggs. Form half of the meat in a loaf, put hard-boiled eggs in the middle, close together, and the rest of the meat on top. Bake 1 hour in a slow oven. —Mrs. C. D. Burr.

Veal Cheese.

Prepare equal quantities of boiled sliced veal and smoked tongue. Pound the slices separately in a mortar, moistening with butter as you proceed. Pack it in a jar or pail, mixed in alternate layers, so that when cut it will look variegated. Press down hard, pour melted butter over top. Keep well covered in a dry place. Nice for sandwiches or sliced cold for lunch.

—Mrs. Oscar E. Pawlowsky.

Egged Veal Hash.

Chop fine remnants of cold roast veal, moisten with gravy or water. When hot, break into it 3 or 4 eggs, according to quantity of veal. When the eggs are cooked, stir into it a spoon of butter; serve quickly. If to your taste, shake in a little parsley.

Roast Loin of Pork.

Choose a small leg of fine young pork; cut a slit in the knuckle with a sharp knife and fill the space with sage and onions, (chopped); and a little salt and pepper. When half done score the skin in slices, but do not cut deeper than the outer rind. Select 4 or 5 large apples, wash and cut in slices without paring. Peel and slice half a dozen good sized onions. Fry both apples and onions together in some of the hot pork fat until well done and brown. Serve hot with the leg of pork.

—Mrs. Mary Force.

Pork Tenderloin Roast.

One cup bread crumbs; 1 teaspoon sage; small piece onion. Split the pork tenderloin through the middle and use the crumbs for a dressing. Pepper and salt. Bake an hour. Garnish with parsley and apple jelly.

—Mrs. P. R. Wood.

Pork Chops with Tomato Gravy.

Trim off skin and fat, rub the chops over with a mixture of powdered sage and onion. Put a small piece of butter into frying-pan, put in the chops and cook slowly, as they should be well done. Lay chops on hot dish. Add a little hot water to gravy in pan, 1 large spoon butter rolled in flour, pepper, salt and sugar, and ½ cup juice drained from a can of tomatoes. The tomatoes themselves can be used for a tomato omelet. Stew 5 minutes and pour over chops and serve.

—Mrs. W. S. Barr.

Boiled Pork Chops.

Trim fat from chops; boil as chicken; season with onion, sage, salt and pepper.

—Mrs. Chas. Reitsch.

Meat Balls.

One pound pork; ½ pound beef and 1 onion; put through meat grinder; salt and pepper to taste. Add 1 slice of toasted bread (grated), and about ½ cup of water; mix well. Form into small balls and fry in butter until well brown, then sift over them 1 tablespoon flour and cover with hot water. Simmer 1 hour.

—Mrs. A. E. Henry.

Fried Salt Pork.

Cut fat salt pork in thin slices and soak in milk for a few hours. Pour boiling water over it, drain and fry until crisp. When partly fried they may be dipped into batter, then finished in the same pan, turning several times.

Stuffing for Pork.

Three large onions, parboiled and chopped; 2 cups fine bread crumbs; 2 tablespoons powdered sage; 2 tablespoons melted butter or pork fat; salt and pepper to taste.

—A. L. W.

HAM AND BACON.

Baked Ham I.

Wash the ham, put into cool water and let it come to a boil. Cook slowly for half an hour in that water. Drain and add enough fresh water to just cover the ham. Then put in 1 teaspoon whole pepper, a few cloves (5 or 6). Let come to a boil slowly again, then add 1 pint good cider vinegar. When the ham has been cooked until you can remove the skin, put in baking pan, add 1 cup light-brown sugar, ½ cup bread crumbs, sifted very fine. Cover the ham thoroughly and bake half an hour or to a delicate brown.

—Mrs. Anna Gustafson.

Baked Ham II.

Five pounds ham; stick a few cloves in ham; boil slowly 2 or 2½ hours, a little longer if needed. Take out of water, rub a very little brown sugar over it, cover with cracker crumbs and bake until brown, or about half an hour.

—Mrs. Ferd Keyt.

Baked Ham III.

Boil a small, tender ham in sweet cider, letting it simmer rather than boil hard. Add ½ cup of sugar to the cider. When the ham is tender, remove from the cider and paint the entire surface when slightly cooled with molasses. Over this lay thickly a coating of butter; powder with cinnamon and stick well with whole cloves. Then place in the oven and bake brown.

—Mrs. W. H. Taft, "The White House."

Baked Ham IV.

Use a ham 12 to 14 pounds. Be careful to select one that has plenty of fat. Soak 24 hours in water and vinegar sufficient to cover, in proportions of 1 part vinegar and 3 parts water. Rinse thoroughly in cold water, wipe dry, stick whole cloves thickly in the exposed fat. Make a thick dough of flour and water enough to cover the entire ham to a thickness of ¾ inch. Bake from 4½ to 5 hours; put a little water in pan and add more when needed. Never turn the ham. —Anna Nelson Reck.

Ham Cooked in Milk.

Take slice of ham about 1 inch thick, put in a frying pan and cover with milk, keeping it covered until done. A small piece of sweet clover adds to the flavor. Thicken gravy a little when done.

—Mrs. Fannie C. Moffatt.

Rice à la Monterey (Spanish).

Dice 4 slices bacon, put over fire and fry crisp. While very hot throw in slowly 1 cup washed rice and let parch for a few minutes. Pour in boiling water to cover rice and allow it to swell. Add 1 pint cooked tomatoes; 1 chopped onion; 1 chili pepper, chopped, (or paprika to taste); a little chopped parsley. Just before serving add 1 tablespoonful butter and 1 teaspoonful salt. Throwing the rice into the hot fat allows each grain to brown separately, giving a peculiar quality which is never obtained by other methods, and it is delicious. —Mrs. Stanton A. Hyer.

Liver.

One pound calf's liver. Stew in water enough to cover until tender, then slice half of it and chop the rest, and return all to the kettle. Season well with salt, pepper, dried sage and butter, and thicken the gravy. —Helen S. Remington.

Kate's Limerick Bacon.

Pour boiling water over prime bacon (not cut too thin), then drain off and cook slowly, sprinkling with brown sugar and paprika; drain strips on brown paper.

—Kate O'Connor.

Braised Liver.

Have your butcher thoroughly lard a fine calf's liver. Place the liver whole on strips of bacon in dripping pan. Pour over it 2 cups beef stock or 2 cups water and 2 tablespoons butter. Add 2 diced carrots; 2 small onions, (cut); 1 teaspoon whole cloves and 3 pieces of celery, (cut). Cover and bake 1 hour. Uncover and bake another hour, basting often. Salt just before serving. Slightly thicken gravy and serve on platter with liver. Garnish with carrots and parsley. This makes a delicious cold meat for luncheon or picnic.

—Mrs. M. M. Carpenter.

SAUSAGES.

Sausages in Batter.

Take half a cup of flour, 2 tablespoonfuls of fine corn meal, a pint of milk, 1 egg and a little salt and pepper. Beat well together until light. In the meanwhile have about a pound of sausages plunged in boiling water and the skins removed without mutilating the shape, if possible. Put the sausages in a baking dish and pour the batter over them and bake well until quite brown.

—Mrs. W. H. Taft, "The White House."

Roll Sausages.

Roll sausages thickly in bread crumbs and Indian meal mixed, to which has been added a good bit of mustard. Bake in a hot oven until brown.

—Mrs. W. H. Taft, "The White House."

Toad in Hole.

One-half pound of sausage made into 6 rolls. Put in greased baking dish; cover with batter made with 2 eggs well beaten, 2 heaping tablespoons flour, ½ teaspoon baking powder, 1 cup sweet milk. Bake ¾ of an hour in moderate oven. Sausage links may be used.

SWEETBREADS.

Sweetbreads and Veal Kidney.

Clean and parboil sweetbreads, brown quickly in a little butter. Broil thin slices of veal kidney and bacon. Heap sweetbreads in center of platter, arranging slices of kidney and bacon alternately in circle about sweetbreads. Garnish with parsley and serve very hot.

Baked Sweetbreads with Olive Sauce.

Let sweetbreads remain in warm water for 1 hour; simmer in boiling water for 10 minutes; wipe dry; dredge with pepper and salt; brush with an egg; sprinkle with cracker crumbs and bake three-quarters of an hour with bits of butter on top and around. Serve on toasted bread with olive sauce.

Olive Sauce: Halve, stone and parboil 1 dozen large olives. Brown 1 small onion in 2 tablespoons butter; add 1 tablespoon flour and 2 cups of stock or hot water. Season with pepper, salt, ¼ teaspoon allspice; strain and add olives.

Mrs. Mary Force.

Sweetbreads with Mushroom Sauce.

Soak 2 pounds of sweetbreads in cold water with 2 tablespoonfuls of salt, 1 hour. Drain and cook 20 minutes. Add 2 tablespoonfuls of vinegar to water while cooking. Let water run over them until cold. Remove all particles of fat and gristle, and cut in halves. Dip in beaten egg; roll in cracker dust; fry in butter to nice golden brown.

Sauce: One can imported button mushrooms; simmer in own liquor; add 3 cups of milk to butter in which sweetbreads were browned. Let it boil up once; strain, return to fire and add 2 tablespoonfuls of flour made smooth in a half cup milk. Season to taste with salt and white pepper. Add the hot mushrooms, pour over sweetbreads; garnish and serve.

—Mrs. J. Stanley Browne.

Chop Suey I.

Three pounds meat (or 1 chicken). Stew 3 hours and chop. Add 1 bunch celery (chopped); ¼ can tomatoes; 1 small can mushrooms (chopped); 4 or 5 medium sized onions; pepper seeds from red peppers; 1 teaspoonful salt. Serve with rice border.

—Mrs. G. R. Smith.

Chop Suey II.

Melt a large piece of butter in a frying pan and when hot drop in 2 small onions (sliced). Let this brown slightly, then add 1 pound of good pork-chop meat which has been cut up fine (be sure not to buy chops that are too fat). When the meat is almost done add 2 stalks of celery, cut in inch lengths, and lastly 1 large tomato, cut in fine pieces. Dredge the meat well with flour before putting in. Season the mixture with salt and pepper. Cream can be added and a little flour thickening, if desired, just before taking from the fire. This makes enough for 4 or 5 people.

—Leola Arnold.

SAUCES.

Hollandaise Sauce.

One pound butter; 6 yolks of eggs; 1 lemon (juice only); cayenne pepper to taste; 2 tablespoons water; ¼ teaspoon salt (if butter is sweet). Put yolks of eggs, lemon juice, water, pepper and salt in pan. Beat well together and put pan in oven, then add melted butter (let butter cool a little, then add slowly as you do oil in making mayonnaise, beating all the time). When sauce thickens take off fire, and beat a little while. Great care should be given to this, but it is delicious. Put the pan in a double boiler and don't let it cook too hard while adding butter.

—Mrs. W. A. Talcott.

Horseradish Sauce.

One-half cup butter (creamed); 2 tablespoons cream; 4 or 5 tablespoons horseradish; 1 or 2 teaspoons vinegar.

—Mrs. F. F. Wormwood.

Creole Sauce.

Two tablespoons chopped onions; 4 tablespoons green pepper, finely chopped; 2 tablespoons butter; 2 tomatoes; ¼ cup sliced mushrooms; 6 olives, stoned; 1⅓ cup brown sauce; salt, pepper and Sherry wine. Cook onion and pepper with butter 5 minutes; add tomatoes, mushrooms and olives and cook 2 minutes; then add brown sauce. Bring to boiling point and add wine to taste. Serve with broiled steak.

Bechamel Sauce.

Put 3 tablespoons butter in a sauce-pan; add 3 tablespoons sifted flour, ¼ teaspoon nutmeg, 10 pepper corns, 1 teaspoon salt. Beat all well together; then add to this 3 slices of onion, 2 slices of

carrot, 2 sprigs of parsley, 2 of thyme, a bay leaf and ½ dozen mushrooms, cut up. Moisten the whole with a pint of stock or water and a cup of sweet cream. Set it on the stove and cook slowly for half an hour, watching closely that it does not burn; then strain through a sieve. Excellent with roast veal or meats and fish.

—St. Charles Hotel, New Orleans.

Caper Sauce.

Chop the capers a very little; make ½ pint of drawn butter, to which add the capers, with a large spoonful of the juice from the bottle in which they are sold. Let it just simmer; then serve.

—Miss Ethel Van Wie.

Tomato Sauce.

Take a quart can tomatoes, put over the fire in a stew-pan; put in 1 slice onion, 2 cloves, a little pepper and salt. Boil about 20 minutes, then remove from the fire and strain. Melt in another pan an ounce of butter, and as it melts sprinkle in a tablespoon of flour. Stir it until it browns and froths a little. Mix the tomato pulp with it, and serve with roast beef or mutton chops.

—Miss Ethel Van Wie.

French Mustard.

Three tablespoons mustard, 1 tablespoon granulated sugar, well worked together. Then beat in an egg until it is smooth. Add 1 teacupful vinegar, a little at a time, working it smooth. Then set on the stove and cook 3 or 4 minutes, stirring all the time. When cooked, add 1 tablespoon of the best olive oil, taking care to get it all thoroughly worked in and smooth.

—Mrs. D. Riegel.

Curry Sauce.

One tablespoon butter; 1 tablespoon flour; 1 teaspoon curry powder; 1 slice onion; 1 large cup stock; salt and pepper to taste. Cut the onion fine and fry brown in the butter. Add the flour and curry powder. Stir for 1 minute; add the stock and season with salt and pepper. Simmer 5 minutes, then strain and serve. This can be served with a sauté of Meat.

—Mrs. D. Riegel.

Mint Sauce.

Wash and dry on a cloth about a handful of mint leaves. Chop very fine, and to 3 tablespoons of mint add 2 of white sugar; mix and let stand; then pour over it 6 tablespoons of good cider vinegar. This sauce should stand over an hour before serving.

Maître d' Hôtel Butter.

Rub ⅓ cup of butter to a cream; then add ¼ teaspoon salt, a little pepper, ½ teaspoon mustard, a little cayenne pepper, 1 tablespoon chopped parsley. Lastly add 2 tablespoons of lemon juice. MRS. W. A. TALCOTT.

Meat and Their Accompaniments and Garnishings.

With Roast Beef—mushroom, tomato, French Mustard or Hollandaise sauce. Garnish with browned potato balls with clove placed in end, making it appear like an apple. Pile in little heaps on sprigs of parsley at each end of platter.

With Roast Mutton—caper sauce. Garnish by surrounding the roast with tiny molds of currant jelly on choice lettuce leaves, to be served with each portion of meat.

With Roast Lamb—mint sauce. Garnish with mint leaves and little nests of shredded whites of hard-boiled eggs holding green peas.

With Roast Veal—mushroom or lemon sauce. Garnish with water-cress, potato puffs and lemon points powdered with finely minced beets.

With Roast Pork—apple sauce or spiced gooseberries. Garnish with glazed apple rings and lettuce leaves.

With Broiled Steak—Maître d' Hôtel. Butter curled parsley tops over which has been grated a little lemon peel. Cut beets into form of cherries and garnish around the steak.

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Some cooking pots, and some well cut meat,
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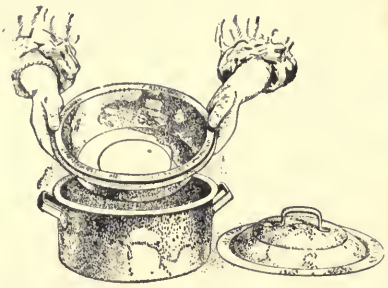

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CHAPTER VIII.

POULTRY AND GAME.

"The cackling of geese saved the city of Rome;
May all these recipes keep peace in the home."

By the word game is meant all animals and birds which have never been domesticated and are proper to be eaten—from the little quail, prairie chicken and other birds to the roe, deer and other hoof-footed species. The flesh of wild animals has an aroma more marked than that of the tame ones.

How to Choose Poultry.

The age of the poultry is the principal thing. The best chickens are plump on the breast, fat on the neck, with smooth yellow legs, tender skin and the lower part of the breast bone pliable. A young turkey is known by its short spurs, dark and smooth legs. The age of the young duck may be ascertained by tearing the skin between the toes, if the skin tears, the duck is young. Geese may be know by taking the windpipe between two fingers and pressing it, and if young, a low crackling sound will be heard; also, if the thumb will easily press through the skin under the wing, the goose is young.

Full grown fowls have the best flavor, providing they are young. Older poultry makes the best soup. Chickens with yellow skin and feet make the richest stews. All poultry and game should hang at least 24 hours in a cool place after they are killed, before cooking. Flesh of game is tough when first killed, it is more tender if kept sometime, or if frozen.

How to Kill Poultry.

Chickens and turkeys are killed either by chopping off the head or cutting the artery on the neck. After poultry is killed, hang it up by the feet and as soon as the bleeding stops pick off the feathers, while yet warm, and then singe. Geese and ducks are killed by taking the fowl under the left arm, holding the bill in the left hand, then stabbing it on top of the head; hold the fowl in this position

letting the blood run into a dish. When the blood stops running hold a red hot iron on the place where it is stabbed; this is done to prevent any blood from dropping on the feathers; then pick the feathers and singe the fowl.

Feathers from geese, ducks, prairie hens, pigeons and birds of all kinds are always picked off dry—chickens only should be scalded.

Drawing Poultry.

Cut off the feet at the first joint, then the head and half the neck; cut the skin on the back of the neck down to the back of the wing. Detach the skin from the neck and draw the skin down over the breast, then cut off the rest of the neck close to the body, remove the crop and windpipe, break the ligaments that hold the internal organs to the breastbone, then cut an opening below the breastbone down to the vent. Put the hand in the opening and carefully work it around until the top of the breastbone is reached, and draw out all the organs at once. Close to the ribs will be found a pinky substance called the lungs, or lights, remove these. Cut out the vent and the oil bag on the tail, then wash the fowl quickly inside and out with cold water. Cut the gizzard open, remove the thick inside skin and carefully remove the gall bag from the liver.

In shipping fowls frequently the intestines have not been removed and if such is the case, in washing the fowl, add a half teaspoonful of baking soda, which will sweeten and render all the more wholesome.

The giblets are the gizzard, heart, liver and neck.

In roasting or boiling any fowl, truss it, which means, to draw the thighs close to the body across the legs at the tail and tie firmly to the body with twine which is removed before serving, or pass the legs through a slit near the tail and skewer the wings close to the body.

Carving.

"Let's carve him as a dish fit for the gods,
Not hew him as a carcass fit for the hounds."
—SHAKESPEARE.

A few simple rules are to be observed in carving birds. Plunge the fork upright into the very center of the breastbone and keep it there until the bird is dissected and served. Remove the legs first between the thigh and body until the bone is reached, then the thigh is forced back and the joint laid open, then remove the

leg with the point of the knife. Remove the wings taking a part of the breast with it, the breast then can be sliced.

Pigeons, quails and other birds of the same size are split lengthwise into halves.

CHICKEN.

Giblet Broth.

Pour boiling water over the chicken feet, take them out and remove the skin and nails and place them with the giblets. Cover with cold water, add teaspoonful of salt, 1 small onion and boil until tender. This broth can be used for basting any roasted or fried fowl.

Chicken, Roasted Plain.

Singe, draw and wipe dry a young chicken; season with salt inside and out, then spread butter over the breast and place the chicken in the roasting pan, breast down. Lay thin slices of larding pork over the back. Set the pan in a medium hot oven and roast until the chicken has become a fine brown color all over; baste frequently with the giblet broth, which has been added to the pan.

Chicken Roasted, with Giblet Forcemeat.

Prepare chicken same as for chicken roasted plain. Chop the raw giblets as fine as possible, soak half a loaf of stale bread 10 minutes in cold water, then put it in a napkin and press the water out. Fry 1 finely chopped onion in a tablespoon of butter, without browning; then add the bread and stir and cook 5 minutes. Remove from the fire and when cold add the chopped giblets, 2 whole eggs, 1 teaspoon salt, ½ teaspoon pepper, ½ teaspoon grated nutmeg, 1 teaspoon thyme, and mix well together. Fill the chicken, sew it up, truss it nicely and finish as per recipe above.

Chicken Roasted, with Oyster Forcemeat.

Prepare chicken same as for chicken roasted plain. Chop fine, 10 large oysters; 1 cupful oyster liquor; 1½ cups of rolled crackers; yolk of 1 egg and 1 whole egg; even teaspoon salt; ½ teaspoon pepper; tablespoon melted butter; ½ tablespoon chopped parsley. Mix all together and use as directed above.

Chicken Roasted with Plain Dressing.

Prepare chicken same as for chicken roasted plain. Soak half a loaf stale bread 10 minutes in cold water, place in napkin and press the water out. Fry 2 tablespoons of finely chopped onion with 2 tablespoons butter, without browning; add the bread and cook 5 minutes. When cold, add an even teaspoon of salt, a little pepper, teaspoon of thyme, 2 eggs, and mix all together, and use as directed above.

Another bread dressing is to remove the crust from a small loaf of bread and crumble it up into small crumbs, season with salt, pepper, sage and butter; mix well together and use as directed above.

Chicken En Casserole.

Take spring chicken, cut up; put in casserole with 1 piece of butter on each piece of chicken; cover casserole and bake in hot oven 1 hour. Scoop five potatoes into balls with vegetable scoop and fry in deep fat. Remove chicken from casserole; add potatoes to gravy, also chopped chives, red and black pepper, salt, chopped parsley, 2 or 3 tablespoons of kitchen bouquet and twice the amount of boiling water. Put the chicken in the gravy, baste with the gravy and put in the oven to reheat. Serve from casserole.

—Mrs. Webb Stevens.

Chicken, En Casserole, with Celery.

Heat 3 tablespoons of butter or drippings in a frying pan and fry in it until a light brown, a thinly sliced onion. Disjoint a tender chicken weighing 4 or 5 pounds, roll the pieces in flour and fry them in the fat in the pan until a nice brown. Heat a large casserole in the oven and place in it a cup of diced celery. Place the chicken on top of the celery, pour over it 1½ cups water which you have heated to the boiling point in the pan in which you fried the chicken; add 1 teaspoon salt, cover the dish tightly and bake in a moderate oven 2 hours.

—Mrs. Edward M. Heiliger.

Chicken Pot Pie.

Cut chicken as for frying. Yolks of 4 hard boiled eggs; 1 teacup minced salt pork; butter; pepper; salt; flour. Good sized kettle which will go in oven. Make biscuit dough as follows: 1 quart flour, 2 heaping teaspoons baking powder; put baking powder in flour and sift twice. Mix in the flour lard twice size of small egg, very lightly, until mixture seems like flour; add salt. Have 1 pint

milk and water mixed (⅔ milk to ⅓ water), put into flour and mix thoroughly. Work dough lightly until perfectly smooth, roll as thin as for pie crust, taking ⅓ of dough and rolling into a circular piece. Cut in quarters, and after greasing kettle all over, line sides with the dough putting points down and corners at top touching, the lower corners coming to within an inch of bottom of kettle. Cover bottom of kettle with thin layer of minced pork, then a layer of chicken (uncooked), pepper, salt, bits of butter, 2 egg yolks crumbled fine, a thin sprinkle of flour. Take dough which was left and after cutting a piece large enough for top crust, use the remainder for dumplings, rolling as thin as possible. Cut into strips about 3 inches wide, then across in pieces about 2 inches wide. Cover the layer of chicken with some of these. Put on another thin layer of pork and proceed as at first, until all is in kettle. Roll out top crust as for pie and cut slits in top. Put it on the pie and lay top edges of lining dough down over top crust. Pour in through slit in top, boiling water until it covers top crust; cover, set on slow fire, and boil 2 hours. Put in oven ½ hour before serving, in order to brown the top.

—Miss Winnifred Ohr, St. Paul, Minn.

Chicken Pie.

Take a fat chicken and cut into pieces; stew until tender, adding salt. Make a biscuit dough; put chicken into a deep pan with plenty of broth; sprinkle in a handful of flour and add pepper and salt, if necessary. Wet the edge of the pan and cover the top with biscuit dough 1¾ of an inch thick, cutting a slit in the center for steam to escape. Bake in a moderately hot oven.

Stewed Chicken with Salt Pork.

Cut up chicken as for frying; dice a pound salt pork, place in a kettle, add chicken and brown slightly. Add hot water enough to cover well; boil until tender; skim occasionally. When this is done have ready some baking powder biscuits, split them open and place on a platter, putting the chicken in the center. Thicken the gravy with flour and pour over chicken and biscuits.

Southern Chicken Pie.

Select a yellow Philadelphia fowl weighing 4 or 5 pounds; clean carefully, singe, and put it on in boiling water enough to cover it and let it simmer gently until it begins to grow tender. Save this broth with the giblets. Now cut the chicken in small pieces; slice

a quarter of a pound of fat pork very thin and fry it with the chicken until it is brown. After the chicken and pork are fried take them up and stir into the pan in which they were cooked a tablespoon of flour. Stir it over the fire until brown; then add a pint of the chicken broth, a teaspoon of salt, ¼ teaspoon of pepper. Stir this gravy until it has boiled 2 minutes and use it for pie. To make the crust: Mix together in a bowl with a knife 1 pound of flour, 1 teaspoon of salt, 2 teaspoons of butter, and just enough cold water to hold it together. Roll it out about an inch thick; cut a quarter of a pound of butter in large slices, and lay it all over the paste; fold it up and wrap in a floured towel and put in the ice box for half an hour. Roll it out, repeating same with another quarter of a pound of butter; roll it to a thickness of ½ inch, fold it in 3 thicknesses and roll it out again. If the butter breaks through, fold it again in a towel and cool for half an hour before using. Line a deep dish; then put in alternate layers of chicken, pork, and sliced raw potatoes; pour in as much gravy as the dish will hold. Sprinkle with a little chopped parsley, a dash more of pepper and salt, and cover with a top crust, wetting the edges to make them adhere. Cut a hole in the top to allow the steam to escape.

—May Irwin.

Spring Chicken Fried.

Have a spring chicken cut into 6 pieces; season well with salt and pepper; put a pound fine cut salt pork over the fire and fry to a light brown; add 1 tablespoon of butter. Put in chicken and fry over slow fire to light brown, then add ½ cup giblet broth, cover pan and cook until tender. After removing chicken, thicken gravy with 2 tablespoons of flour and 1½ cups of giblet broth and 1 cup of milk and cook until thick.

Another way is to chop the giblets fine, add them to gravy; lay the chicken on buttered toast, pour gravy over them; sprinkle 1 fine chopped, hard boiled egg over it and garnish with water-cress or parsley.

Spring Chicken Deviled.

Split a clean spring chicken through the back; season it with 1 tablespoon of salt and 1 teaspoon of pepper; crack the bones between the first and second joints and flatten them nicely; put in a roasting pan with 2 thin slices of salt pork over the breast and pour 2 tablespoons of melted butter over it; then place the pan in a

medium hot oven, cover with buttered paper and roast 20 minutes, basting frequently. Remove the paper, add ½ cup giblet broth; roast until chicken is done, which will take about 40 minutes. Make gravy as above if desired.

Spring Chicken Broiled.

Split a spring chicken through the back; crack the bones between the first and second joints and fry nicely; brush over with melted butter; lay on a broiler over a moderate clear fire and broil light brown on both sides; turn the chicken 3 times during that time. When done, lay the chicken on a hot dish, then mix 2 tablespoons of butter with 1 tablespoon of salt, ½ teaspoon of pepper; spread this on both sides all over the chicken and garnish with water-cress or parsley.

Chicken Fillet—How to Prepare for Entrées.

Remove the skin from the breast of a young plump chicken so that the fillet will lay bare; make an incision on top of the breast bone from end to end, then with a small knife cut off the entire breast from each side, including the small wing bone. Under each breast will be found a small fillet which is called the mignon; carefully remove it, pare off the thin white skin which covers the fillets and the mignon, then lay them in a buttered pan and cover with buttered paper and set in cool place until wanted.

Chicken Fillet à la Toulouse.

Mix 1 tablespoon of salt with ½ teaspoon of white pepper; sprinkle it over the fillets and mignons of 3 chickens. Make 6 incisions on top of each mignon, then cut 4 truffles into slices; cut each slice into 3 strips, then insert in each incision of the mignon a strip of truffle; lay 1 mignon on top of each fillet lengthwise. Place 4 tablespoons of butter into a pan and as soon as melted remove it, then put in the fillets and baste them with the melted butter. Cover with buttered paper and put them in a medium hot oven and bake about 15 minutes. In the meantime brown 2 tablespoons of fine chopped onion in 1 tablespoon of butter; add 1 heaping tablespoon of floor; stir and cook; add 1 pint of chicken broth, 1 even tablespoon of salt, 12 small whole peppers and 1 bay leaf. Cookslowly 10 minutes, then strain into a clean sauce pan; add 2 tablespoons of white wine, 2 fine sliced truffles; cook; then mix the yolks of 2 eggs with 1 tablespoon of lemon juice, add it to the sauce, also ½ tablespoon of butter; stir it well. Pour the sauce on a warm dish and arrange the fillets on it.

—C. J. M.

Chicken Goulasch.

Boil the fowl in the usual way; when tender take out, remove the bones and put them back in the liquor; cook 30 minutes and remove bones. Dice the chicken, except the giblets; add to liquor with ½ can tomatoes, or 6 whole ones, 6 onions, salt, pepper, a little sugar, tablespoon of butter and stew until done. Have ready slices of buttered toast and pour over the toast; serve hot.

Boiled Chicken with Oyster Sauce.

Select a plump, fat year-old-chicken weighing about 5 or 6 pounds; remove carefully all the fat possible; a fat fowl is the most tender, but if the fat is cooked in it, the flesh will have a strong taste. Prepare a dressing by using a pint of stale soft bread crumbs, taken from the inside of a loaf of bread, salt to taste, a pinch of cayenne, a pint of small oysters, a large teaspoon of butter and 1 egg. Mix this well and dress the fowl. Rub a thick cloth with butter, then dredge it with flour and sew the fowl up in the cloth and plunge it into boiling water; then set the kettle where it will boil rapidly for 10 minutes; then let it simmer for 2 to 2½ hours; then remove from the cloth and serve with oyster sauce. Save the water in which the chicken was boiled for cream sauce.

—Mrs. John Keller, Toronto, Can.

Curried Chicken.

Boil 1 chicken; then remove it from the liquor and remove the skin and pick meat off bones, and cut into inch squares; return to liquor; add 2 cans mushrooms, halved; thicken with enough flour so the gravy will be a little thicker than for ordinary gravy, then add 1 tablespoon of curry powder, salt, paprika, and celery salt.

—Mrs. Fred Moffatt.

Chicken Chop Suey.

Boil 1 chicken and pick it off the bones. In another dish boil 4 good sliced onions, 3 large bunches of celery, enough tomato to give vegetables a nice color, without thinning too much; when tender, add the cut up chicken, also 1 can small mushrooms, and season very highly with salt and paprika. Serve hot on a large chop platter with a border of boiled rice, chop suey in the center.

—Mrs. Homer St. John.

Chicken Croquettes I.

One chicken weighing 3 pounds; 1 pair sweetbreads; 2 onions sliced and fried in butter until brown; ½ teacup sweet thick cream; ½ teacup broth; ½ salt spoon of mace; little red pepper to taste. Cook and chop chicken fine; add sweetbreads and onions chopped. Mix all ingredients; place in a sauce pan over the fire until it comes to a boil. Take 1 teaspoon of flour, moisten with chicken broth, stir into the boiling mixture. After a few moments remove from the fire and set to cool. When cold, add 1 well beaten egg; then take out on bread board in a large oval spoon a croquette portion, roll in cracker dust, drop into boiling lard, take out, and drain on a piece of linen. Place on hot platter and garnish with parsley.

—May Irwin.

Chicken Croquettes II.

One large chicken; 2 sets calves brains, boiled; 1 small cup suet, chopped fine; 2 sprigs parsley, chopped; 1 nutmeg, grated; 1 tablespoon onion after it is chopped very fine; 1 lemon; the juice and grated rind; 1 teaspoon salt; paprika and red pepper to taste. Cut up and cook the chicken thoroughly; when done, take out of the kettle, skin and put through a meat grinder while hot. Put the stock away to cool. Add brains and other ingredients; skim the greese off the jellied stock and add; also add a little cream until the mixture is very soft. Set away for a while, then mould into croquettes, dip into beaten egg and roll in bread or cracker crumbs and fry in hot lard in a wire basket. This will make about 25 croquettes. Some people prefer rice instead of the brains. When rice is used, take 1½ cups boiled rice and mix with the chicken while still very hot.

The secret of good croquettes is to have them very soft and fluffy on the inside, made so by stock and cream. Mix them as moist as it is possible to handle them and let stand awhile after they are dipped in egg and rolled in cracker crumbs.

—Mrs. Chandler Starr.

Creamed Chicken.

Melt ½ cup of butter; stir into it half a cup of flour, half a teaspoon of paprika and a teaspoon of salt, add 1 quart rich milk and stir constantly until the sauce is smooth and boiling. Then add 5 cups of cooked chicken, diced. This will serve 8 or 10.

Chicken Patties.

Follow the above recipe and fill patty shells with the mixture.

Chicken Shortcake.

Make individual rich biscuit dough shortcakes as per strawberry shortcake, using the creamed chicken in place of strawberries.

—Mrs. Fred Shoudy.

Chicken Béchamel.

Follow recipe for creamed chicken, using ½ or ¾ broth instead of all milk.

Chicken Newberg.

Have a cup and a half cooked chicken, diced, in a double boiler; then pour over it half a cup of sherry wine. Add a scant half teaspoon of salt and a dash of paprika; stir until very hot, then stir in the beaten yolks of 3 eggs boiled with a cup of cream. Be sure the water in the lower pan is boiling. Serve as soon as it thickens, because if cooked too long, it will curdle.

Jellied Chicken.

Cut up chicken as for stewing; put it in a dish and place in a steamer and steam until tender. Skim fat off chicken, season with salt and take from fire; remove bones and skin and shred into pieces. Season liquor to taste with paprika and salt and juice of 1 lemon; then pour this over the chicken in a mold and set in a cool place until it hardens.

—Mrs. Chester McFarland.

Escalloped Chicken.

Butter a mold, put a layer of fine bread crumbs, then a layer of chicken alternately together with a little cream sauce until the dish is filled. Cover with the cream sauce and bake 20 minutes. Use chicken gravy, if possible, instead of cream sauce.

Chicken and Rice Loaf.

One cup cooked, diced chicken; 1 cup of boiled rice; 1 egg; tablespoon chopped onion; little chopped parsley; salt and half cup milk. Stir well, put in buttered mold and bake 15 or 20 minutes. Serve with mushroom sauce.

Chicken Soufflé.

One pint of chicken, finely chopped; 1 pint of cream; 4 eggs; 1 teaspoon of chopped parsley; 1 teaspoon onion juice; salt and pepper. Cook 2 minutes; add the yolks of the eggs, well beaten, and put away to cool; when cold, add the whites beaten to a stiff froth. Turn into a buttered dish and bake half an hour. Serve with a mushroom or cream sauce.

Boudins.

To each pint of chopped cold poultry add 1 teaspoon salt, dash of Cayenne pepper, 1 tablespoon chopped parsley or celery (more, if celery). Have 1 tablespoon butter, 1 gill stock, 2 tablespoons stale bread crumbs. Stir until boiling; add meat, take from fire; then add 2 well beaten eggs. Put in small greased mold and let stand in hot water, then bake 15 minutes. Serve hot with cream sauce. SAUCE: 1 tablespoon butter, 1 of flour, ½ pint milk, ½ teaspoon salt and suspicion of onion. Cook till thick.

—MISS WINNIFRED OHR, St. Paul, Minn.

TURKEY.

Turkey Roasted, Plain.

Pluck the bird carefully and singe; break the leg bone close to the body; hang up the bird and draw out the tendons from the legs (all good butchers will do this if asked). Make a small slit down the back of the neck and take out crop, then cut the neck bone close. After the bird is stuffed the skin can be turned over the back and the crop will look full and round. Cut around the vent, making the opening as small as possible, and draw carefully. Boil the giblets for the gravy. Wash the turkey, dry, salt thoroughly inside and out and fill with dressing. Sew up the opening at the vent, tie the legs and wings, rub the turkey well on the outside with butter and place in the oven until it is nicely browned; then remove and cover the back and sides with a paste made from flour and water; return to covered pan, breast side down; add about a cup of hot water; cover and bake slowly until tender.

Chestnut Dressing.

Peel a good sized challot, put in a sauce pan with 1 tablespoon of butter and heat without browning. Add ¼ pound of sausage meat, cook little longer, then add 10 finely chopped mushrooms, 12 well pounded, cooked, peeled chestnuts and mix well together;

then season with salt, pepper and a little thyme and parsley. Let this come to a boil, then add ½ ounce fresh bread crumbs, 24 whole cooked and shelled French chestnuts and mix well together, being careful not to break the chestnuts. Let cool and stuff the turkey.

Sage Dressing.

Soak a loaf of stale bread, without the crust, 10 minutes in cold water; then press out all the water through a cloth. Cook, without browning, 8 tablespoons chopped onion, in 1 tablespoon of butter; add this to the bread, then add 8 tablespoons of sausage meat, half tablespoon salt, half teaspoon pepper, teaspoon of sage and 2 whole eggs. Mix all well together and use as directed in former recipe.

Creole Dressing for Turkey.

Save the blood from the turkey. Cook giblets in as little water as possible until tender and then chop fine. Cook 3 cups rice in 6 cups salted water. Cut fine, small bunch tender green onion tops and parsley. Chop fine 2 large onions and fry (not brown) in 5 or more tablespoons melted fat. To this add the cooked rice, giblets and water in which they were boiled, onion tops and parsley, then the blood. Stir until the blood is thoroughly mixed. Season highly with red and black pepper, salt and a pinch of sage; cook until blood has changed color, stirring mixture all the time. Stuff turkey with this as you would bread dressing. 3 or 4 dozen oysters added the last thing before stuffing turkey is very nice.

—Mrs. Montou, Jennings, La.

Roast Turkey with Sausage.

Stuff the turkey with rich dressing. When done, turn out on a platter, surround it with small fried sausages and chestnuts cooked in broth, and serve with a well thickened giblet sauce.

Braised Turkey.

Truss and stuff as for roasting, using a forcemeat made of mushrooms and sweetbreads in addition to the bread. Lard the breast with salt pork, place the turkey in a stew pan, breast uppermost, with sliced vegetables, and water to cover. Set it on the top of the stove and as soon as it begins to boil put it in the oven and bake slowly until done.

Boiled Turkey with Oyster Sauce.

Prepare in the same manner as for roasting; fill with the oyster dressing (for oyster dressing recipe see "Boiled Chicken with Oyster Dressing"), tie legs and wings close to the body, place in boiling water that has been well salted, breast down. Skim often, let it boil until done, being careful to avoid skin being broken. Serve with celery or oyster sauce.

Boned Turkey.

Very difficult, but very nice. Clean the fowl as usual; have a very sharp pointed knife; begin at the end of the wing, pass the knife down close to the bone, cut all the flesh from the bone, leaving the skin whole. Pass the knife down each side of the breast bone, and up the legs keeping close to the bone. Split the back half way up and carefully draw out the bones. Fill these places with the stuffing, restoring the fowl to its natural form; then sew up all the incisions made in the skin. Lay a few strips of salt pork on the top, and roast, basting often with salt and water and a little butter. Add a glass of port wine to the gravy. When serving, carve across the fowl in slices.

GEESE OR DUCKS.

Goose Roasted, with Apple Dressing.

Singe, draw and wash a tender goose; wipe it dry; season inside with salt; then stuff with apple dressing; sew it up; rub salt all over it; truss it carefully; rub 1 tablespoon butter over breast and place in a hot oven until browned. Add 1 cup hot water, cover roasting pan and bake slowly until tender. Apple Dressing: Pare, core and chop 8 large Greening apples, add them to ½ loaf stale bread that has been crumbed, then add 2 tablespoons of butter; season with salt and pepper. Mix well.

Potato Dressing for Goose.

Three cups mashed potatoes; add 2 tablespoons butter, 1 teaspoon pepper, yolk of 1 egg; beat the white separately and add to potatoes. Cook in butter 3 finely chopped onions; add to potatoes with 1 teaspoon thyme. If desired, add sage.

Raisin Dressing for Goose.

Three tablespoons butter, place over fire; add 2 cups fine sliced apples, 1 cup seedless raisins, 1 tablespoon currant jelly, 2

tablespoons sugar; cover and cook until apples are done. Remove from fire and when cold, add 2 cups rolled zwie back, or toast, and 1 egg. In sewing up a goose after filling, stitch very closely so that the fat will not get in.

Goose Stuffed with Sauer Kraut.

After goose is cleaned and wiped dry, fill it with sauer kraut; sew it up and tie in shape. Place in a large kettle, put 2 quarts sauer kraut over it and cover all with boiling water. Let simmer 3 hours, then take out goose, rub with butter and dredge with flour and brown in oven. Serve with sauer kraut.

Jellied Goose—German Style.

One goose, not too fat; 2 disjointed calves feet; 2 teaspoons pepper corns; the same of allspice; 4 large onions; 4 bay leaves; 1 carrot; parsley; celery; rind and juice of 1 lemon; salt and enough vinegar to give it a sour taste. Take the whole goose and giblets and feet (scald and skin the feet), cover the calves feet with water and boil, skimming it carefully, until broth looks clear, then add the vegetables and spices, lemon and vinegar. Boil until goose is well done. Strain liquor through a flannel bag to cool. (It must taste spicy). Pick the meat off the bones, skim all fat off liquor and pour over meat and set aside in cool place to jelly.

In selecting ducks for roasting remember 2 small young ones are better than a large drake. If buying a farm-yard duck, shut them up 2 or 3 days and feed on barley meal and water to cleanse them thoroughly.

A recipe suitable for goose is equally as good for duck.

Pigeons and Capon.

A recipe that is suitable for chicken is equally as good for pigeons and capons.

Pigeon en Casserole with Asparagus.

Truss 4 or 5 pigeons, cleaned as for roasting. Sauté in butter and put in casserole and cover closely. Cook an onion and 2 young carrots, sliced thin, in 2 tablespoons butter; add 1½ cups boiling water and ½ teaspoon salt, pour over the pigeons, cover and cook until pigeons are tender. Strain off broth, thicken with butter and flour and when boiled add yolks of 2 eggs, well beaten, and ¼ cup cream, mixed together. Add 1 tablespoon lemon juice, salt and paprika to taste, and 1 bunch cooked asparagus; pour over pigeons.

Swedish Fried Chicken or Squab.

Cut the chicken in pieces; brown each piece quickly in butter in an iron kettle (an iron kettle is necessary to use with this recipe). When all the pieces are browned place back in kettle, season to taste with salt and pepper; add 1 teacup hot water; cover with tight fitting lid. Allow the chicken to simmer slowly until tender, adding small quantity of hot water from time to time as may be required. For the gravy add flour slowly, stirring with a Swedish straw wisp, then add 1 cup cream and sufficient hot water to give proper consistency.

—Anna Nelson Reck.

Baked Squab.

Have 6 squab. Use ½ cup stock, 4 tablespoons butter and salt and pepper to taste. Clean and truss the birds, rub the breast with a piece of onion and put a piece of butter into each squab. Put into a baking pan and add the stock, salt and pepper and bake in a quick oven 45 minutes, basting frequently. When the birds go to the oven, put the livers and hearts on to boil. Bake and place the squabs on buttered toast, and into pan put 1 tablespoon butter and brown; add 1 tablespoon flour and the livers and hearts mashed fine. Mix all well together with ½ pint stock, stirring constantly until it boils. Add salt and pepper and pour over squab.

Mrs. George D. Roper.

GAME.

Wild ducks have a strong, fishy flavor. In order to remove this flavor, the ducks should be picked, singed and drawn and thoroughly washed inside and outside in cold water. Cover them with boiling water to which has been added 1 tablespoon soda, 1 carrot and 2 onions. Boil ½ hour; take ducks out and put in cold water; then wipe dry, season and stuff with any preferred dressing. Rub breasts with butter and place salt pork over them and bake in moderate oven until brown. Baste often with water that has a little onion in it and melted butter.

Fillets of Teal Ducks à la Pontchatrain.

Lift the breasts of fine plump birds, leaving skin on and score lightly. Marinate these in olive oil, in which has been incorporated cut chives or young onion tops, parsley leaves, salt beignonette and lemon juice. Let them remain for 2 hours and when ready to

serve, pour a little oil in a sautair; make hot and put in the fillets. Brown nicely, but keep rare; remove and introduce enough "Espagnos" into sautair for number of fillets. Remove from fire, add orange juice and strain. Arrange fillets in circle alternately with croûtons of equal size and shape. Garnish to suit; pour sauce in center and serve.

H. H. HAVENS, Steward, The Nelson.

Wild goose may be prepared in the same way.

Pheasants may be baked same as chicken.

Prairie Chicken.

After cleaning and drying thoroughly, stuff with any desired dressing and truss. Put in dish and steam until tender, then dredge with flour and rub butter over breasts and place in oven to brown, basting often with liquor in steamer, or with water. Serve with apple sauce or currant jelly. —MRS. THOMAS WELDON.

Prairie chickens, if young, are also good fried like spring chicken.

The skull of a young prairie chicken can be crushed by the pressure of the thumb.

GROUSE.

Season and truss a well cleaned and dried grouse; bake as any other fowl, basting often. When ready to serve, untruss the bird, dress then in bread croûtons and garnish with water cress. Add bouillon to the gravy, skim off the fat and pour over the bird.

Smothered Birds.

All small game birds are apt to be dry when fried or roasted, but if they are well seasoned and buttered, then smothered in rice they will be more juicy. Line a baking dish (individual dishes are nice) with boiled rice. Put in birds and cover with rice, press smoothly and pour over it water and butter, and bake until tender. If birds are old parboil them, using that liquor to moisten rice.

Roast Partridge, Filled with Truffle Dressing.

Pick, singe and draw 2 fine partridges; wipe out the inside; chop fine the 2 livers and ½ pound pork tenderloins, pound to a paste; add 6 fine cut truffles, season with salt and pepper; fry quarter of a pound of salt pork, add the other ingredients, stir for a few minutes over the fire; then fill the crop and body of the 2 partridges with this forcemeat, sew up and truss them nicely; lay the birds

in a pan, spread 2 tablespoons of butter over their breast and bake in a hot oven, basting frequently until done; then untruss remove the threads, lay the birds on two bread canapés. Add to the gravy 1 tablespoon fine cut onions and carrots, and bay leaf, 12 whole peppers; cook 5 minutes; add 1 tablespoon flour, stir well; add 1 pint broth and 1 teaspoon beef extract; boil; and if necessary, some salt; strain, and serve with the bird.

QUAIL.

Steamed and Creamed Quail.

Place quail well salted in a dish and set in steamer; steam until tender. Use the liquor and rich milk to make a sauce, season to taste. Put quail on squares of toast and pour sauce over.

Quails with Juniper Berries.

Remove heads and feet from 6 fat quails, draw and wipe neatly. Crush a heaping tablespoon of sound, well dried juniper berries and place in a bowl with half a teaspoon of fresh butter; thoroughly mix, then take half of the mixture and divide equally among the 6 quails, putting it inside of them. Truss, season with salt and pepper and set on a roasting tin with a thin slice of salt pork over each bird; set in the oven for 25 minutes, basting frequently; then discard the pork and untruss the birds. Set them in a cocotte dish over the fire and when thoroughly hot divide the rest of the butter into 6 parts, put it over the birds and send at once to the table in the cocotte.

Quail à la Maître d' Hôtel.

Split 6 quails through the back. Season with salt and pepper; brush each one with olive oil or butter. Broil for about 20 minutes, turning at least 4 times. In the meantime cream 4 tablespoons butter; add slowly 2 tablespoons lemon juice, 1 tablespoon chopped parsley, half teaspoon nutmeg. Put the birds on well buttered toast and spread the Maître d' Hôtel butter over the birds and serve.

Reed birds, woodcock and snipe can be prepared by any of the foregoing recipes.

VENISON.

The loin, haunch, leg or saddle may be roasted. A leg of venison may be boiled until tender and then browned on all sides. The meat from neck and shoulder is stewed. The best steaks are cut from the loin and should be broiled.

Roasted Ribs of Venison.

Trim off all the fat from the ribs and cut them into lengths to fit roasting pan; lay them closely together on edge, cover with butter and season, and bake slowly.

Saddle of Venison with Currant Jelly.

Remove the skin from the surface and trim it neatly; lay strips of salt pork over it; season with 1 tablespoon salt and tie it into a round shape; lay the meat in a roasting pan; add 1 sliced onion and a small carrot, cut into small slices; pour over 4 tablespoons melted butter; place the pan in a hot oven and roast 1 hour, basting frequently with its own gravy; add a little water if the gravy should get too brown. Add to the gravy in the pan 3 tablespoons sherry wine and the same of broth; let it come to a boil, then strain; remove all the fat, pour the gravy over the meat and serve with the following sauce: Melt 1 tablespoon butter in sauce pan; add 1 teaspoon flour; cook and stir 2 minutes; add ½ cup boiling water, ½ teaspoon beef extract, ¼ teaspoon salt; cook and stir 2 minutes; then add 1 gill port wine and 1 cup of currant jelly; cook a few minutes and serve.

Booyah.

Use the flanks or neck pieces for this recipe. Cut the meat into cubes 1 inch square. Dice ½ pound salt pork and fry, add meat and brown. Have twice the quantity of diced carrots, onions and potatoes as meat. About an hour before the meat is tender, add the vegetables. If the gravy is not thick enough, add a little flour and water and season with salt and pepper.

In preparing venison remove all the fat possible for it is very strong.

HARES, RABBITS AND SQUIRRELS.

Roast Rabbit.

Make first a stuffing of a pound of veal and a quarter of a pound of pork; simmer in water to cover, 2 hours; 4 crackers, rolled fine; 1 tablespoon salt; teaspoon pepper; 1 teaspoon summer savory; tablespoon of butter, and 1¼ cups of the broth in which the veal and pork were cooked. Chop the meat fine, add the other ingredients and put on the fire to heat. Stuff a well cleaned rabbit with this dressing, while hot, and sew up the opening. Put the rabbit on its knees and skewer in that position. Rub thickly with butter,

dredge with flour and put in a baking pan, the bottom of which should be covered with hot water. Bake in a quick oven, basting frequently.

Barbecued Rabbit.

Rub a fat rabbit all over with melted butter and sprinkle with pepper and salt. Lay on a broiling pan over a hot fire and turn until brown on both sides. When well done put in a baking pan, spread with butter, and set in the oven for 10 minutes. Mix 2 tablespoons of vinegar, a teaspoon of mustard, the juice of half a lemon and 2 tablespoons of currant jelly together. Set over the fire to heat, season with salt and a dash cayenne; pour over the rabbit and serve. An old Virginia recipe.

Roast Belgian Hare.

Dress same as wild hare; singe, wash thoroughly, cover with clear cold water and let stand several hours. Take out, wipe dry, and sprinkle with salt inside and outside. Prepare bread stuffing as for roast turkey; fill the hare, sew up and cover with paste made by mixing 2 tablespoons of butter and 1 tablespoon flour. Place in a roasting pan, add 2 cups boiling water, cover closely and roast from 2 to 4 hours.

Jugged Hare.

Cut hare up and season with salt, pepper, thyme, parsley and fry brown. Into a stone jar put a layer of hare and bacon alternately; add 1 cup hot water, cover and set in a dish of hot water and bake until tender. To the gravy add a teaspoon lemon juice and 1 teaspoon catsup.

—Mrs. Thomas Weldon.

Hausenpfeffer of Rabbit.

Cut up rabbits, put in stone jar. Take 3 onions, sliced; a few cloves; whole black pepper; a little bay leaf; a tiny piece of macy; a teaspoon brown sugar; a little salt, and cover with vinegar. Let stand 3 days. Cook in this brine, adding water if necessary, until rabbit is tender. Lift rabbit out on warm platter. Strain the gravy, add butter and flour and pour over rabbit.

—Mrs. Rupert Henry.

CHAPTER IX.

VEGETABLES.

"Nor lacked our table small parade of garden fruits."

Summer Vegetables.

Certain vegetables should always be boiled uncovered to preserve their color. This applies especially to string beans, green peas, spinach, sorrel and Brussels sprouts. If the water is very hard a teaspoonful of soda added to a gallon will be found a good proportion.

Another important rule is to remove the vegetable from the fire and drain it the moment it is sufficiently cooked. Do not draw it aside and let it stand in the water or it will be quite spoiled.

Too much stress cannot be laid on the rule to remove from the fire and drain all vegetables thoroughly the moment they are cooked perfectly tender. Not only allow the water to run off, but press it out when possible, or place the colander on something over the fire that the water may be driven off by the heat. Or use any other device suggesting itself rather than let the vegetables remain wet and soggy. No amount of seasoning will give them the proper taste if they retain the water from the boiling.

To avoid the unpleasant odor caused by cooking cabbage use a very large pot and do not fill too near the brim with the water, as it is the boiling over which causes the worst odor. Another way of overcoming the odor is to put into the water a piece of bread tied in a fine white rag. After it has been 15 minutes in the pot remove it and throw it immediately into the fire to burn, as in its turn it becomes very unpleasant. Still another method is to put a piece of charcoal in the water with the cabbage.

In using milk for mashed potatoes, use it hot instead of cold. The result is better. Not everyone knows all vegetables that grow under the ground should be cooked in cold water.

Time for Cooking Vegetables.

This table may aid, but much depends on age and freshness.

Potatoes, boiled, 25 minutes.
Potatoes, baked, 45 minutes.
Sweet potatoes, boiled, 45 minutes.
Sweet potatoes, baked, 1 hour.
Squash, boiled, 25 minutes
Squash, baked, 1 hour.
Green peas, 20 to 40 minutes
Shelled beans, boiled, 1 hour.
String beans, boiled, 1 hour.
Green corn, boiled quickly, 10 to 20 minutes.
Asparagus, boiled, 15 to 30 minutes.
Spinach, 30 minutes.
Tomatoes, fresh, 30 minutes.
Cabbage, 45 minutes to 1 hour.
Cauliflower, 45 minutes to 1 hour.
Beet greens, 1 hour.
Onions, 1¼ hours.
Turnips, 45 minutes to 1½ hours.
Parsnips, 1½ hours.
Carrots, 1 hour.

—German Study Club.

Cream Sauce for Vegetables.

One tablespoonful of flour, 1 very large tablespoonful of butter, ½ pint of new milk brought to boiling point, ½ teaspoonful of salt; pepper as desired. Put three-quarters of the butter in a sauce pan over the fire. As soon as it melts add the flour and stir until blended. Be careful not to let it brown. Add the boiling milk by degrees to the flour and butter, stirring without ceasing. Boil 3 minutes. Remove from the fire; add salt, white pepper and the rest of the butter; stir until the butter melts and serve immediately. If it has to be kept, set it over a kettle of boiling water; stir every now and then to keep a scum from forming on the top.

Lyonnaise Potatoes.

One small onion, minced; 1 heaping teaspoon minced parsley; butter the size of an egg. Cook the butter, onion and parsley together about 5 minutes, then add about 2 cups cold boiled diced potatoes; heat thoroughly through and add salt and pepper to taste.

Saratoga Potatoes.

Slice very thin; put them in cold water for 2 hours, keeping cold; take out and dry them in towels; fry in deep fat until a light brown; drain off grease in colander and sprinkle salt over them.

French Fried Potatoes.

Pare and cut into strips lengthwise rather small potatoes; soak them in cold water; dry in towels and fry in deep fat. Drain and sprinkle salt on them.

Escalloped Potatoes.

Pare and cut potatoes in slices about a quarter inch thick. Butter a baking dish and put in a layer of potatoes, sprinkle with salt and pepper and dredge flour over them and put on little pieces of butter. Repeat this till the dish is ¾ full and pour milk over nearly to the top of the potatoes. Bake about 1½ hours.

Creamed Potatoes.

One pint milk; 1 tablespoon flour; 2 tablespoons butter; 1 teaspoon salt; 1 quart diced, cold boiled, or baked potatoes; 1 tablespoon chopped parsley. Melt butter in double boiler; add flour, milk, parsley, salt and a little pepper; heat through, then add the potatoes and cook 3 or 4 minutes. Cold baked potatoes have a better flavor than boiled for cream potatoes.

Hashed Brown Potatoes.

One-half pint of cold boiled potatoes, chopped fine; 3 tablespoons cream; ½ teaspoon salt and a little pepper; mix them together. Melt 1 tablespoon of butter in a skillet and then put in the potatoes and smooth them over. Cook slowly till a light brown, then fold one half over on the other and serve on a hot platter and garnish with parsley.

Larded Potatoes.

Pare and with apple corer punch hole through potato lengthwise; roll a thin piece of bacon and put in hole, and bake about 35 or 40 minutes.

Potato on the Halfshell.

Bake 4 potatoes with smooth skins; when done, cut lengthwise, and scoop out potato, being careful not to break the skin. Mash, season, adding milk and the beaten whites of 2 eggs; fill shell, heaping lightly on top. Brown slowly; serve immediately.

—L. D. W.

Old Potatoes.

Old potatoes, peeled and left lying in cold water for several hours, then wiped, rubbed all over in melted butter, and baked, are more mealy and delicious than the high priced new potato in the spring time of year. —C. C. C., Detroit, Mich.

Rules for Cooking.

Pare potatoes thin to save mineral matter. Boil potatoes slowly so they will not wear away. Bake potatoes rapidly. Let an old potato stand in cold water 1 hour before using. Never let a new potato stand in cold water before using.

—Miss C. Harris.

To Boil New Potatoes.

These should never be peeled with a knife. Scrub and rub the skin until clean. Cover with boiling water and boil rapidly from 15 to 20 minutes with the cover on. Drain the potatoes; sprinkle with salt, and put back on the fire, uncovered, for a few minutes, to dry. Dish on a folded napkin and serve very hot.

Baked Potatoes.

Select for this purpose the largest and smoothest. Put them in a hot oven. They will require about 1 hour. After the first 20 minutes open the oven door every little while, take each potato in a coarse cloth and press it all over. This will make them mealy.

Glacéd Sweet Potatoes.

Take potatoes as nearly the size of an egg as possible, and bake until done. Pare off skin and cut in halves the long way. Put in bake pan, cut side down. Pour over this melted butter, and sprinkle with salt, pepper, brown sugar, and cracker or bread crumbs. Beat 4 eggs until light, and pour over this, and bake in hot oven for 15 minutes, until nicely brown, and then serve.

—Mrs. H. C. Brown.

Potato Au Gratin.

Slice cold boiled potatoes. Make a cream sauce from 2 tablespoonfuls each of butter and flour, 1 level teaspoonful of salt, and one-eighth teaspoonful of pepper. Heat butter in saucepan and add flour and seasoning. When hot, add 1 pint milk gradually

and cook smoothly. Add potatoes, let heat through, and put in a buttered baking dish, fold in lightly some grated cheese, and bake 10 minutes in a moderate oven.

Take small new potatoes, peel and fry them brown in deep hot fat. When cooking peas add a few slices of salt pork; it imparts a delicious flavor.

Potatoes à la Union League Club.

One quart chopped, cold boiled potatoes; ¾ pint cream; 2 tablespoons butter; 2 sweet green peppers, boiled and chopped. Put little pieces of butter in bottom of a baking dish; then some chopped potatoes and peppers, mixed; bits of butter; a sprinkling of flour; a little salt and cream; more potatoes and peppers; flour, salt and cream until potatoes are all used. Sprinkle bread crumbs over the top and bake ½ hour in medium hot oven.

Potato Puff.

Boil enough for a meal; mash fine; put in generous piece of butter; add after mixing coffee cup of cream or rich milk, yolks of 4 eggs. Beat whites to a stiff froth and stir in quickly. Bake in hot oven until brown. It will take about 20 minutes.

—Mrs. Elliott West.

Creamed New Potatoes with Parsley.

Drop the potatoes into boiling water and cook until they can be pierced with a fine skewer. Do not use the tines of a fork, which would burst them. Neither should you expect them to be mealy, for in new potatoes the starch cells are not yet developed. Drain and arrange in a hot vegetable dish. To make the sauce, put 2 level tablespoonfuls butter in a saucepan with 1 of flour. When melted and bubbly add a cup of thin cream and stir constantly until it boils and thickens. Then add a level teaspoonful salt, a dash of white or black pepper, as preferred, and a tablespoonful fine chopped parsley. Cook a moment longer and pour over the potatoes.

Breaded Potatoes.

Peel small potatoes and boil them in salted water. Do not let them boil soft. Dip in beaten egg and fine cracker crumbs, and fry in hot fat, turning frequently, that the color may be a uniform one.

Sweet Potatoes—Southern Style.

Choose plump, well ripened potatoes; pare them (raw); cut in 2 lengthwise pieces; season with salt and pepper. In a large flat bottomed sauce pan put 2 tablespoons butter and 1 of sugar. When hot, lay in enough potatoes to cover bottom of pan, closely; add boiling water enough to half cover them; place on back of stove where heat is gentle. Cook slowly for about an hour, turning them once. By this time the water will have evaporated, leaving a little butter sauce to pour over dish in serving.

Cold Boiled Potatoes.

All potatoes which are to be boiled first and then dressed must be boiled in their skins and set away to get cold with their skins on. This applies especially to potatoes to be used in hashes. It makes a wonderful difference and should be observed; the potato is much easier to cut neatly and does not crumble to pieces in the cooking. For potato salad made of cold potatoes they should never be cooked in any other way. There is, however, a delicious potato salad made by dressing freshly boiled, hot, mealy potatoes.

Potatoes Sauté.

Cut cold, boiled, peeled potatoes in slices about one-sixth of an inch thick. The potatoes used should be rather small, and make a pint sliced. Heat a large lump of butter in a saucepan. Lay the potatoes in, cover and stew, not fry them, in the butter. There must be enough butter for each slice to get its coating and absorb as much as it will. Mince fine, enough parsley to make a heaping teaspoonful, also the same quantity of chervil if at hand. Stir it into the potatoes; add salt and pepper, and when they have cooked about 15 minutes, serve. They should not be allowed to crisp or brown. Shake the pan from time to time to prevent sticking or browning. New potatoes may be sautéd in this manner, but should be kept whole.

Fried Potato Hash.

Having boiled and cooled potatoes with their skins on, peel and chop, not too fine. Melt in a frying pan a large lump of sweet drippings or butter, or both mixed. Quite a large tablespoonful of each will be required for an ordinary dish of potatoes. When the butter is hot lay in the potatoes. Sprinkle generously with pepper and salt. Take a long knife, and every minute or two run it under the potatoes, turning them up from the bottom. Be careful not to mash them. Fry until the edges are well browned and serve.

Potatoes—Sweet or Irish.

Peel and boil 4 or 5 potatoes; put through press; add celery seed, salt and sugar to taste, a cup of milk, and lump of butter large as a walnut. Make into balls, dip into egg, then in bread crumbs, and fry in deep lard. Or it can be put in baking dish and baked in oven. It is a good plan to prepare mixture the day before using, it will hold together better while frying.

—Leola Arnold.

"Burr Oak Farm Potatoes."

Eight eggs, boiled; 4 medium sized potatoes, boiled; dice potatoes and slice eggs; put a layer of potatoes, and sprinkle a layer of sliced onion and then a layer of eggs; salt and pepper. Fill pan and pour over the following sauce: 2 tablespoons melted butter; 2 tablespoons flour; 1 cup milk; cover with cracker crumbs and small pieces of butter and bake.

Good Potatoes.

Five or 6 grated potatoes; 2 slices white bread, soaked in water and squeezed out; 2 tablespoons flour; 2 or 3 tablespoons fat or butter; 2 eggs; salt and pepper. Bake like a pudding, 40 minutes.

—Mrs. Arthur Thro.

Delicate Cabbage.

Shred the cabbage; cover with cold milk; cook until tender, being careful not to scorch. Season with butter, pepper and salt.

Stuffed Cabbage.

Chop fine 1 pound lean beef; add 1 level teaspoon salt, ½ teaspoonful ginger, and pinch of nutmeg and mace. Beat in 1½ cups of milk, adding a little at a time. Cut out inside of a cabbage, leaving a thick wall; fill with meat. Steam until done and serve in slices with the sauce, or with melted butter.

Sauce for Same: Cream 2 level tablespoons butter with ½ teaspoon salt, and a dash of paprika; add the yolk of 1 egg and 1 teaspoon lemon juice. Cook over hot water, beating all the time. Add 1 more yolk of egg and 2 teaspoons lemon juice, stirring all the time until smooth.

Summer Cabbage.

Cut in halves or quarters. Lay in salted cold water to draw out any insects that may lurk inside. Drain thoroughly and put into a pot of salted boiling water. Do not cover. Boil 30 minutes, until tender. Drain very dry in a colander, pressing the water out with a plate. Dress with melted butter, pepper and salt, or with cream sauce.

Stewed Cabbage and Celery.

Cut into shreds equal quantities of white cabbage and celery. Lay for a few minutes in cold water, then drain and put into boiling, salted water. Boil gently for 20 or 30 minutes, according to the season. Meanwhile prepare a rich cream sauce. Drain the cabbage and celery, drying as much as possible, and stir into the cream sauce. Let it stew very gently for 10 minutes and serve. This combination will be found excellent.

Cooked Cabbage.

One head of cabbage, chopped rather coarse; cook until tender in salted water without covering kettle; drain off water; put in butter the size of an egg and cook thoroughly. Then add the following dressing: 3 tablespoons sour cream; 1 tablespoon sugar; yolk of 1 egg; beat together and add 2 tablespoons vinegar. Stir into the cabbage and let just come to a boil.

—Mrs. J. L. Keep.

Cabbage with Custard.

Chop cabbage and cook in half milk and half water without cover, until tender. This takes about ½ hour. Drain; beat 3 eggs very light; add 3 tablespoons vinegar, 1½ tablespoons sugar, salt and pepper; beat together. Melt in cabbage a large tablespoon butter. Pour dressing over cabbage and cook till like custard. Serve at once. This amount of dressing is sufficient for cabbage enough to serve 4 people. —Mrs. O. R. Brouse.

Baked Cauliflower with Cheese Sauce.

Boil a cauliflower in salted water until tender. Cut off stalk of cauliflower so it will stand upright, and place in a buttered dish suitable for the table. Make a cream sauce of 1 tablespoon butter, 1 tablespoon of flour and 1 cup scalding milk. Season with pepper and salt; add ¼ cup grated cheese. Stir in piece of butter; then pour sauce over cauliflower. Sprinkle with the grated cheese and bake in quick oven 15 minutes.

Sauce for Cauliflower or Cabbage.

1 tablespoon butter; 1 tablespoon flour; 1 pint boiling water; 2 tablespoons vinegar; 2 eggs, yolks only, beaten and added last; salt and paprika; poured over hot vegetable.

Onion Chips.

Four large Spanish onions, slice crosswise; cover with milk and let stand 1 hour. Thoroughly drain and drop a few at a time into hot deep fat until crisp and a golden brown. Serve at once.

—Mrs. Oscar Kellar.

Creamed Onions.

Cook 1 quart of uniform sized, silver skinned onions in boiling salted water. When quite tender drain and turn into a baking dish; cover with a cream sauce, sprinkle the top with fine buttered cracker crumbs, and finish cooking; brown crumbs delicately.

Roasted Onions.

Select large onions of uniform size but do not remove outside skin; arrange in earthen casserole, bake slowly with jackets on; when tender peel them, place in covered dish steaming hot; heat large tablespoonful of butter in saucepan, stir in tablespoonful of flour, turn in ½ cup of rich milk; cook boiling hot; season with salt and pepper, pour over onions; serve in hot entrée dish.

Fried Onions.

Select good sized onions; slice in 2 or 3 slices; dredge with flour; salt and pepper. Fry in butter until tender and golden brown.

Baked Peas.

One quart peas, yellow or green ones, dry; 1 onion minced fine; 1 tablespoon salt; 1 cooking spoon butter or olive oil; 1 tablespoon sugar. Put peas to soak over night; boil up in the morning; add the salt, butter, sugar, pepper, and the onion; put in a bean jar and add water enough to come to top of peas; bake same as you would beans.

Baked Green Peppers.

Cut off top of firm, fresh peppers, and remove seeds. Boil in salted water 5 minutes, then drain and fill with finely chopped, cooked chicken or veal and season same well with parsley or onion and a little salt. Arrange with covers well tied on in deep sauce-

pan. Cover with liquor from meat with bits of butter scattered over top. Bake until peppers are tender. Remove peppers carefully; slightly thicken gravy and pour over peppers.

Green Pepper Goulasch.

Prepare 6 large green peppers by removing seeds and white parts and lay in cold salt water over night. Cut peppers and 1 medium sized onion in small pieces and fry gently in 3 tablespoonfuls butter until soft (not brown); then add 1 cupful of ripe or canned tomatoes, half cupful cold boiled rice, season with pepper and salt and simmer gently about 20 minutes if ripe tomatoes are used, 10 minutes if tomatoes have been canned. Serve hot.

Stuffed Peppers.

Six green peppers; 1 onion, chopped fine; 2½ slices bacon; 1 pint tomatoes; 2½ crackers to each large pepper; salt and pepper to taste. Cut slice from stem end of each pepper; remove seeds; parboil peppers 15 minutes. Cook onion and finely chopped bacon together; add tomatoes and cracker crumbs, salt and pepper. Cool mixture, fill peppers with cooked mixture; cover with buttered bread crumbs and bake 10 minutes. MRS. MOFFATT.

Creamed Potatoes and Green Peppers.

Peel enough Irish potatoes to make a good quart after they have been cut in small pieces or in the form of dice; after removing the seeds from 2 green peppers, wash them well and cut into rings; put them and the diced potatoes into a stew pan and cover with boiling water. After cooking for 18 minutes pour off the water and sprinkle with flour, salt and pepper. Turn into a baking dish, cover with cream or milk, dot with butter and cook in a hot oven until nicely browned. Then serve at once.

—MRS. J. OSCAR HALL, Chattanooga, Tenn.

Corn Fritters.

Milk from 6 ears corn, grated; 1 egg; salt to taste; drop yolk into corn; beat well white of egg, and stir in; fry by spoonful in butter and lard, mixed. —MRS. C. A. SANBORN.

Baked Corn.

Twelve ears corn; 2 tablespoons butter; 4 eggs, beaten separately; grate corn, add beaten yolks, butter and salt, pepper to taste; lastly beaten whites. Bake ½ hour, on 2 buttered pie tins.

—L. D. W.

Green Corn Fritters—Southern Style.

One dozen ears green corn, grated; salt to taste. Fry on a well greased griddle like griddle cakes and turn with a pancake turner. This is a delicious receipt and much more delicate than when milk and eggs are used.

—B. E. S.

Deviled Corn.

Melt 4 tablespoons butter; add 5 tablespoons flour, 1½ cups milk, 1½ teaspoons salt, ¾ teaspoon mustard, a little paprika; cook until thickened; add 1 can corn, 1 egg, 3 teaspoons table sauce; fill buttered scallop shells, cover with buttered cracker crumbs, and bake until crumbs are brown.

Parsnip Fritters I.

Wash and scrub the parsnips and cover them with boiling water; cook until tender. Drain and plunge them into cold water, when the skins may be easily slipped off. Cut them in pieces and rub them through a purée strainer, season pulp with pepper, salt, and butter. Flour the hands and shape mixture in oval cakes or the shape of cutlets. Dredge them with flour, dip them in molasses, and brown them richly in hot salt pork fat, drain on brown paper, and serve on folded napkin. These may be served with corn beef or smoked fish.

Parsnip Fritters II.

After boiling parsnips, plunge in cold water and skins will slip off easily. Mash them; season to taste with butter, salt and pepper. Flour the hands and mold the mashed parsnip into small flat oval cakes, roll in flour and fry in butter until brown or dip them in molasses and fry.

Baked Tomatoes.

Remove a thin slice from stem end of 6 medium sized tomatoes. Remove seeds and pulp and drain liquid. Season pulp and liquid with ½ grated medium size onion, salt and Cayenne pepper, teaspoon butter and teaspoon chopped green pepper. Cracker crumbs sufficient to stiffen mixture. Fill tomatoes with this, put in buttered pan and bake from 20 to 30 minutes.

—Mrs. Moffatt.

Tomatoes Fried in Cream.

Peel and slice nice ripe tomatoes; sprinkle on salt and pepper; set on ice for 2 or 3 hours. Then flour them and fry in butter, turning with a pancake turner. When done, put on a hot platter and add some cream to the butter in the skillet with a little flour, making a cream gravy to pour over the tomatoes. If the tomatoes stand on the ice long enough to be very cold, they will remain firm when fried.

—Mrs. Harry Starr.

Tomato Pone.

Butter a baking dish, put a layer of canned tomatoes, add seasoning of salt and pepper to taste. Then a layer of cracker crumbs dotted with bits of butter. Another layer of tomatoes and so on until dish is filled. Cut salt pork in small squares and put around on top. Bake and serve with roast meat.

—Mrs. T. V. Engstrom.

Creamed Cucumbers.

Take medium or rather large cucumbers, cut in dice shaped pieces and boil in salted water until soft. Then drain off the water and put them into a hot white sauce made of 1 tablespoon of butter, 1 tablespoon of flour and 2 cups of milk, cooked until it has thickened. This is delicate and delicious. Celery can be creamed in the same way.

—Mrs. Starr.

Stewed Cucumbers I.

Cut cucumbers lengthwise. Cook in salted water until tender. Serve on toast with drawn butter sauce. 2 heaping tablespoons butter, 1 heaping tablespoon flour; cream butter and flour, and add liquor cucumbers were cooked in.

Stewed Cucumbers II.

Riper cucumbers may be used for stewing than for eating raw, but the younger the vegetable the more delicate in flavor. Peel the cucumbers; cut them in quarters lengthwise. If old, remove the seeds. Lay the cucumbers in boiling water until transparent. Make a rich cream sauce, to which add about ½ a grated onion. When ready drain the cucumbers dry, sprinkle them with salt and pepper and lay them in the sauce. Stew gently over boiling water for about 15 minutes, then dish; sprinkle chopped parsley over the top and serve. A teaspoonful of chopped chives added with the parsley may take the place of the grated onion.

Baked Bananas—Fine.

Peel 1 dozen bananas, lay in deep dish; cover with 4 cups of water and 2 cups of sugar; put cover on dish; bake 3 hours, being careful not to allow syrup to get too thick, adding, if necessary, a little water while baking. At the end of 3 hours add 1 cup claret. Bake 1 hour longer. Serve it as vegetable with meat course.

—Mrs. Charles Brantingham.

Baked Bananas—Porto Rican Style—Serve as Vegetable.

Select rather green bananas; put in very hot oven with skins on; bake until skins break open. Send to table in folded napkins; do not remove skins until ready to eat, then use plenty of butter. This is used in vegetable course.

Egg Plant Fritters I.

Put egg plant into cold salted water; boil until very tender, changing water once while boiling. Drain, skin and mash well. Mix with butter, salt and an egg, with 2 or 3 tablespoons flour, and drop by spoonfuls into hot lard.

Stuffed Egg Plant.

Cut 2 egg plants in two lengthwise, slash the inner surface with the point of a knife to make a shallow incision; fry till they are soft; prepare in a saucepan 2 ounces of butter, 2 ounces of fat salt pork, chopped fine, and 2 chopped shallots; cook a few minutes; add 1 pint of mushrooms, a little parsley, and 3 anchovies, all chopped fine; mix the fleshy part of the egg plant with this, season to taste, put the stuffing thus made back into the plants, with bread and cheese, crumbs and small pieces of butter strewed on the top, and bake 20 minutes.

Egg Plant Fritters II.

Peel and slice thin 1 egg plant; let stand in salt water 3 hours; pour off water and boil, changing water if it becomes black. When tender, cool, mash, and mix with following batter: 1 egg; 1 cup of milk; a little salt; level teaspoon baking powder, and flour enough to stiffen. After egg plant is boiled and mashed, if all is not needed, can be kept for another meal by putting on ice.

—Leola Arnold.

Asparagus Loaf.

Three bunches of asparagus; 5 eggs; 2 cups thick white sauce, made of 2 tablespoons of butter, 2 tablespoons flour, and 2 cups of milk. Cook till rather thick. Cut up the asparagus into pieces, leaving a few stalks whole for garnishing. Cook the asparagus about 25 minutes or until soft. Drain off water, lay aside the whole stalks; add eggs, beaten, and white sauce to the cut asparagus; pour in a cake pan and bake in moderate oven about 30 minutes, setting pan in a pan of water. When done, turn out on platter, pour a little melted butter around base of loaf. Garnish top with the whole stalks. —Miss Evalda Carlson.

Swiss Chard.

The chard leaves and stalks may be used together for greens, and the large white stalks can be tied in bunches, cooked and served like asparagus on toast. —Mrs. C. D. Burr.

Salsify.

Sometimes called vegetable oysters as the flavor of the plant when fried resembles that of the oyster. It can be scraped and boiled until tender and served on toast, with a drawn butter sauce, poured over, or after boiling, mash and make into small cakes to fry. It is also cut in small pieces and used as soup, or baked like escalloped oysters. —Mrs. C. D. Burr.

Kohlrabi.

Kohlrabi is good cooked in any of the ways turnips are used, or sliced and eaten raw like radishes. The best way is to peel and cut it in half-inch dice, boil 30 minutes in salted boiling water, and cover with thick cream sauce. —Mrs. C. D. Burr.

Squash Puff.

Press dry cooked squash through a sieve; to a half pint add 2 tablespoons melted butter, ¼ cup of milk, seasoning of salt and pepper, and 2 beaten egg yolks. Mix thoroughly, fold in 2 beaten egg whites and turn into a buttered mold; set in a pan of hot water and bake in the oven until the center is firm. Serve, turned from the mold, and accompanied by a rich cream sauce made from 1 tablespoon each of flour and butter with a cup of scalded cream or rich milk, and seasoning of salt, pepper, celery salt and mace. This can be baked in individual timbale molds, if desired.

G. H.

Baked Beans.

One quart white navy beans, soaked over night in cold water. In morning wash, and put to cook in fresh water with one-eighth teaspoon of soda. Boil slowly until skins crack when a spoonful is lifted from water into the air. Drain. Into an earthen bean pot or crock; put a small onion, 1 pound of fat and lean salt pork with the skin scored, ½ cup of molasses. Then put in the beans, dredge with pepper, cover with hot water, and bake at least 6 hours. Keep filled with water until an hour before they are done; then remove cover and let them brown.

—Mrs. Wm. Walton.

Baked Beans and Tomatoes.

Soak overnight 1 pint navy beans. In morning drain, cover beans with boiling water, a pinch of soda; cook slowly until tender, and skins crack when some are lifted from water. Drain, put in bean pot or any earthen dish. Sprinkle top with 2 heaping teaspoons chopped onion, pour over 1 pint strained tomatoes, and 1 teaspoon salt sprinkled in. Cover, bake slowly 5 hours, adding more tomatoes as they are absorbed. 15 minutes before serving, remove the lid, put in 1 tablespoon butter, broken in bits; brown slowly.

—L. D. W.

New Beets—Italian Style.

Boil 6 young beets in unsalted water until they are tender. Drain, cover with cold water and rub off skins with the hands, then cut into thin slices. Melt a large spoon of butter in a frying pan, add a small onion, chopped fine; stir until softened, but not browned, then add 3 level tablespoons of flour, ½ teaspoon of salt, ¼ teaspoon of pepper and stir until well blended. Add ½ teaspoon of sugar and 1½ cups of milk and cook, stirring constantly until sauce boils. Let simmer a few minutes; add a tablespoon of lemon juice or white wine vinegar and pour over the beets.

Stuffed Beets.

Wash ½ cup rice and sprinkle it in a kettle of boiling water. Boil rapidly 15 minutes and drain. Add a teaspoon salt, scant; a dash of pepper and a cup of chopped pecans. Scoop centers from cooked beats, fill with rice mixture and bake 20 minutes. Chop the beet taken from the center very fine, add it to a cream sauce and pour around the beets after they are dished.

Spinach.

Wash thoroughly in several waters. Put in kettle, cover with salted boiling water and cook 30 minutes or until tender. Drain off water, chop fine and reheat, adding butter, salt and pepper. Make a mound of it in a vegetable dish and sprinkle the grated or riced yolks of hard-boiled eggs over the top, adding the sliced whites of the eggs around the edges. Or it is very pretty to mold it in cups and serve on square slices of toast, adding slices of hard-boiled egg on top of each mold and around them.

Head-Lettuce Prepared Like Spinach.

Cut the head-lettuce in 4 pieces; wash thoroughly in cold water, to which a little salt has been added. Then cook 10 or 15 minutes in boiling water, well salted. In the meantime make the following dressing: Take butter, a large tablespoonful to a head of lettuce; finely chopped onion; teaspoon of flour; and brown over the fire. Chop lettuce fine, like spinach, and put it in dressing. If one prefers, the dressing can be thinned with a little soup stock or boiling water. Last of all add a little sweet cream; let whole come to a boil, and pour in serving dish.

—Ernestine Schumann-Heink.

Baked Tomatoes and Rice.

Put in baking dish a layer of boiled rice and layer of sliced tomatoes; add 1 teaspoon grated onion, salt and paprika to taste. Put bits of butter on top. Bake 30 minutes.

—L. D. W.

Peas and Carrots en Casserole.

Cook carrots in salted water until tender. When done, dice them about size of peas; take equal parts of cooked or canned peas and carrots; salt and pepper to taste, and pour over melted butter. Serve.

—Mrs. John L. Clarke.

Carrots—French Style.

Peel carrots, slice in strips, cook in salted water till tender. Cut 1 medium sized onion in half, squeeze out as much pulp and juice as you can over a lemon squeezer. Fry this in butter, add carrots and cook long enough to have them heated through.

—Mrs. Arthur Thro.

Carrots with Onion.

Slice fine enough carrots for 5 or 6 people; add 3 large onions, sliced, and a scant teaspoon of salt; boil ¾ of an hour, then strain; add 2 tablespoonfuls of butter, 1 tablespoonful of flour, salt and pepper; mix thoroughly and chop fine.

Mushroom Patties.

Wipe each mushroom in 1 pound, remove stems, scrape, and cut in pieces. Peel the caps and break them in pieces. Melt ½ cup of butter in a saucepan, add mushrooms, cook 2 minutes; sprinkle with salt, pepper, and a few drops of onion juice. Add 1 cup of chicken stock and simmer until mushrooms are tender, then add them to brown sauce and serve in puff paste patty shells.

Brussels Sprouts.

Boil 1 quart of sprouts in salted water until tender; drain and put in baking dish. dust with a level tablespoon of flour; dot with bits of butter; pour over all a cup of cream; cover with grated cheese, preferably Parmesan, and brown in quick oven.

—G. H.

Mushrooms.

To cook ordinary timber mushrooms, soak in salted water to draw out any insects; drain, then fry in hot butter. Serve with garnish of parsley, or on toast.

Mushrooms in Cream.

Wash timber mushrooms. Soak overnight in salt water. In morning, rinse in cold water, but do not squeeze them. Put in skillet with plenty of butter and cook about 20 minutes; cover tightly, so they will steam. When tender, add cream, pepper and salt and cook 1 minute or 2 longer. Serve on toast. Pour cream gravy over all.

—Mrs. Frank Wormwood.

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CHAPTER X.

SALADS AND SALAD DRESSINGS

Dressings—French Dressing.

Place a small piece of ice in bowl which has been previously rubbed with garlic. Into this put ½ teaspoon salt, 1 salt spoon of curry powder and a good dash of cayenne. Mix and add 1 tablespoon of Darwin vinegar and ½ tablespoon of plain vinegar. Mix again thoroughly and then add 3 or 4 tablespoons of olive oil (according to taste). Beat thoroughly with a silver fork until perfectly blended. More salt may be added, if necessary.

Mayonnaise Dressing.

One teaspoon of mustard; 1 teaspoon of powdered sugar; ½ teaspoon of salt; ¼ salt spoon of Cayenne; yolks of 2 eggs; 1 pint of olive oil; 4 tablespoons of lemon juice. Mix the first 4 ingredients, add the eggs, stir well with a silver fork. Add the oil, a few drops at a time, until it thickens into a ball on the fork. Add a few drops of lemon juice, and alternate the oil and lemon juice, beating all the time. When ready to serve, add 1 cup of whipped cream. Should the mixture have a curdled appearance, begin again with another yolk and use this mixture as you would oil.

—Mrs. Freeman Graham.

French Salad Dressing.

Crush 1 clove of garlic with spoon in cup; ½ teaspoon salt and paprika, mixed together; 4 tablespoons olive oil; 1 teaspoon taragon vinegar; 1 tablespoon table vinegar. Beat up well until creamy. Then it is ready for use. If oil is not cold enough, a small piece of ice is a help.

—Miss Caroline Radecke.

Sour Cream Salad Dressing.

Four tablespoons thick sour cream; 2 tablespoons vinegar; 2 round tablespoons granulated sugar; salt spoon of salt; pinch of red pepper; ¼ teaspoon dry mustard. Beat hard with a Dover egg beater until thick. If desired, the yolks of 2 hard-boiled eggs may be mashed very fine and added to the above before beating.

—Mrs. Edward P. Lathrop.

Salad Dressing.

Yolks of 3 eggs, well beaten; 1 teaspoon mustard; 2 teaspoons salt; ¼ salt spoon Cayenne; 2 tablespoons sugar; 2 tablespoons oil or melted butter; 1 cup cream or milk; 1 tablespoon corn starch; ½ cup hot vinegar; whites 3 eggs, well beaten, and added last. Cook in double boiler until like custard. Stir well. For fruit salad, add 1 cup whipped cream and omit mustard.

—Miss Elsie Irvine.

Salad Dressing for Cabbage.

One teaspoon mustard, dry; 1½ teaspoon salt; 2 tablespoons sugar; 4 tablespoons melted butter; 6 tablespoons vinegar (if vinegar is very strong, use part water). Mix mustard, salt, sugar, add butter and beaten yolks of 4 eggs, last vinegar. Cook in double boiler. When wanted for use, add ½ pint cream, whipped stiff; cream slightly sour can be used. This amount of dressing is enough for 10 or 12 people. Use good firm cabbage, chopped; set cabbage on ice to crisp. Mix with cabbage, English walnuts. Cabbage, apples and celery with nuts make a good salad with this dressing.

—Mrs. M. B. St. John.

Good Salad Dressing.

Five eggs, beaten very light; 2 tablespoons sugar; ½ teaspoon salt; pinch of red pepper; 3 lemons; 1 pint sweet cream; 1 tablespoon flour, mixed in a little cream. Beat all together; cook in a double boiler, beating all the time. When partly cold, add 3 tablespoons butter, then add 1 pint whipping cream. Beat.

(Mrs. Gustafson uses this dressing.) —Miss O'Connor.

Salad Dressing.

Three eggs; 1 cup milk; 1 tablespoon (heaping) flour; 1 level tablespoon salt; 1 teaspoon mustard; ½ teaspoon paprika; dash white pepper; ⅓ cup vinegar; ⅓ cup butter. Beat eggs until creamy; add the melted butter, then the dry ingredients mixed together, and then the milk. Add the hot vinegar, turn into double boiler and stir constantly until thick. —Mrs. J. L. Keep.

Salad Dressing for 125 People.

Twenty-seven eggs; all the yolks and the whites of 9; 9 teaspoons of mustard; 9 teaspoons of white pepper; 10 teaspoons of salt; 9 teaspoons of sugar; 18 tablespoons of olive oil; 9 teaspoons of cornstarch; 4½ cups of vinegar (diluted with water, if very sharp). Cook all the former ingredients the same as any salad dressing. Just before serving, add 2½ quarts of cream, whipped, and the rest of the whites, beaten; also Cayenne. For chicken salad, 9 chickens and 6 dozen heads of celery will be required.

Boiled Dressing.

Two egg yolks; 2 tablespoons of melted butter, beaten with the egg; 1 teaspoon of sugar; ½ teaspoon mustard; 4 tablespoons of milk; 6 tablespoons of vinegar; Cayenne. Cook in a double boiler until a little thickened.

—Miss Lila P. Haskell.

Green Leaf Salad.

Make a French dressing of 1½ tablespoonfuls of Darwin vinegar; 1½ tablespoonfuls of plain vinegar; 8 tablespoonfuls of olive oil; 1 heaping teaspoonful of salt. Dissolve salt in vinegar, then add oil and stir until thickened. Then add 1 green pepper, 1 Bermuda onion, and 1 tablespoonful of parsley, all chopped very fine. Pour over crisped lettuce.

—Mrs. Frank F. Wormwood.

Kartofel Salad.

Eight medium sized potatoes boiled in their jackets, peeled and sliced, while warm; 3 small onions, sliced; tender stalks of celery, cut in inch pieces; salt; paprika; 1 teaspoon sugar (if liked); 2 tablespoons vinegar (or more if desired); 3 slices of fat bacon, cut in fine strips and fried to a crisp, but not scorched. Pour hot over the above, mix well, and garnish with parsley or celery leaves.

—Miss Caroline Radecke.

Cauliflower Salad.

Soak 1 head of cauliflower for half an hour in cold water. Drain, and cook whole, uncovered, in boiling salted water, until tender. Place on ice until ready to serve. Then set on lettuce leaves. Garnish with pimolas and cover with French dressing.

—Table Talk.

Stuffed Tomato Salad.

Have the tomatoes not too ripe, of good shape, uniform size. Cut a lid at the stem end and remove seeds thoroughly from each. Coat the inside of each tomato with French dressing and set away on ice. Prepare a stuffing of chopped cucumbers, 2 cucumbers to 1 small green pepper, also chopped, a few pieces of finely chopped onion, and mix it all with Mayonnaise.

—Table Talk.

"O green and glorious! O herbaceous treat!
'Twould tempt the dying anchorite to eat."

—Sydney Smith.

Spring Salad.

This salad is to be served on round platter. First make a wreath of new shredded cabbage; inside this a wreath of tomatoes, quartered; then the inside row of latticed cucumbers. French dressing used with this.

—Table Talk.

Onion and Orange Salad.

Take mild Texas onions and slice into very thin, even slices. Also cut large naval oranges into even slices. For each person serve on a bed of nice crisp head lettuce a slice of the onion between 2 slices of orange and pour French dressing over all.

—Mrs. J. Stanley Browne.

String Bean Salad.

String young tender beans and cover with boiling salted water; boil 20 minutes and drain. Plunge into cold water 10 minutes, then put them into boiling, unsalted water, and cook 15 minutes longer. Drain and chill. Arrange on a bed of lettuce and sprinkle chopped chives over all. Cover with French dressing and serve.

Potato Salad à la Schumann-Heink.

Peel the cooked potatoes while warm; cut in slices; add freshly sliced apple and finely chopped onion. Make a dressing of vinegar, salt, pepper and a generous quantity of olive oil. When the potatoes are cool, add the dressing and mix thoroughly. Serve in salad dish with a garnish of watercress.

—Ernestine Schumann-Heink.

Potato Salad.

Dice cold boiled potatoes and marinate in clear olive oil. Add chopped celery, cucumbers and onions and mix with the following dressing: 2 teaspoons sugar, 1 teaspoon salt, ½ teaspoon mustard; mix carefully. Add 2 yolks, 1 cup of milk and 1 tablespoon of butter and bring all to a boil. Have ready 1 teaspoon of baking powder, dissolved thoroughly in ⅓ cup of vinegar. Add this to the first mixture slowly, and cook together a very little.

—Mrs. Percy F. Stone.

Cove Oyster Salad.

(A very old Recipe.)

Four eggs; butter size of an egg; 1 tablespoon of celery seed; Cayenne; 1 teaspoon black pepper; 1 teaspoon mixed mustard; liquor from a 2-pound can cove oysters; 1 teacup vinegar; ½ teacup cream. Stir while cooking this until it becomes a thick cream, then pour in oysters which have been cut in halves. Take from fire and stir in 8 or 10 large salt crackers, which have been rolled fine. Judgment must be used not to make the salad too stiff, as the crackers soak up a great deal of moisture.

—Miss Leola Arnold.

Pecan Salad.

Make a salad of cream cheese, pecans and shredded lettuce. Place shredded lettuce in bottom of a bowl, then long narrow strips of cheese with pecans sprinkled over the whole. Serve with French dressing.

—Mrs. Edward Heiliger.

Salad in Green Peppers.

Slice off the tops of sweet green peppers, remove seeds. Scald in boiling water 10 minutes. Drain and chill and fill with minced cabbage and celery, mixed with Mayonnaise.

—Mrs. Edward Heiliger.

Vegetable Combination Salad.

Shred 1 large head of leaf lettuce. Wash and drain 1 can of small green string beans of good brand. Chill 2 solid, peeled tomatoes and cut into small pieces. Crisp on ice ½ cucumber, thinly sliced. Shred finely 1 medium sized mild onion (silver skin, Spanish or Bermuda); 1 cup tender celery, finely cut; a few sliced radishes. Mix with the following dressing: 12 tablespoons olive oil; 3 tablespoons vinegar; salt; Cayenne; ½ salt spoon curry powder;

1 garlic clove, minced very fine. Let this stand ½ hour on ice, then beat thoroughly. Line salad bowl with crisp, white leaves of head lettuce, turn in salad. Garnish top with the shredded whites and powdered yolks of 2 hard-boiled eggs, and few thin slices of radishes.

—Mrs. O. R. Brouse.

Chicken Salad.

One pint each of diced cold boiled chicken and diced celery. Mix and marinate with French dressing and keep on the ice until ready to serve. Make a Mayonnaise dressing and mix part of it with the chicken and celery and pour the remainder over the salad. For sweet bread salad, substitute cooked sweetbreads for the chicken. —Mrs. Freeman Graham.

Sweetbread Salad.

With 1 pair sweetbreads put 1 slice of onion and 2 bay leaves and simmer 20 minutes. Then take from stove and put into cold water and remove skin. To 1 cup sweetbreads use 1½ tablespoonfuls of lemon juice; ½ cup cream, whipped; ¼ cup cucumber, diced; salt and pepper to taste. Soak ½ tablespoon gelatine in ¾ tablespoon cold water, then add 1 tablespoon boiling water. Mix all together and put into small, wet molds. Serve on lettuce with Mayonnaise dressing. —Mrs. George D. Roper.

Gelatine Salad.

Make 1 quart of lemon gelatine jelly, add a little salt. When cool and partly set, stir in ½ cup finely shredded cabbage; ½ cup finely cut celery; 2 tablespoons chopped green pepper; 2 or 3 pimentoes; 6 large olives, chopped. Chill in 1 large mold or individuals. Serve on lettuce with Mayonnaise dressing and any desired garnishing.

Easter Salad.

Take off the shells from hard-boiled eggs, cut in two lengthwise and remove yolks. Cut the whites in strips and for each person put 1 leaf of leaf lettuce on a salad plate and on it build a nest of finely shredded lettuce and the white strips. Mash the yolks and season as for salad eggs with a little vinegar, mustard, salt, pepper, sugar and melted butter; roll into balls about the size of a small bird's egg, and place 4 or 5 in each nest. Pour French dressing over all and pass Mayonnaise with it.

—Mrs. Hilma Johnson.

Easter Salad.

One squash; ½ pint of Mayonnaise sauce; 1 small cucumber; 2 lettuces; 2 tomatoes; 1 endive; 1 teaspoonful of capers. Cut a round slice off the top of the squash and scoop out the inside when a round bowl will result, into which the salad may be put. Prepare the lettuce and endive, using only the white part of the latter, and pulling both in small pieces. Peel the tomatoes and cucumber and cut into small pieces. Mix about 3 parts of the lettuce, endive, cucumber and tomatoes with some of the Mayonnaise sauce and put it into the case of squash. Lay in a few slices of hard-boiled eggs, cover again with salad. Pour over a little more sauce and garnish with slices of tomatoes, a few capers and endive.

—Table Talk.

Combination Salad.

Boil 3 eggs until they are hard; take out the yolks, add a little cream to them; season and mix to a smooth paste. Mold into small balls. Shred the whites. Arrange lettuce on a large salad plate. In the center press a square of cream cheese through a potato ricer. Around this put sliced tomatoes, then sliced cucumbers; dress with a French dressing; put on carefully with a spoon after the salad is arranged. Next to the cucumber put the whites of the eggs, and finally the yolk balls, at intervals, on top of the cucumbers and tomatoes.

—Mrs. William H. Fitch.

Celery Aspic.

Make a highly seasoned aspic jelly. In a square mold, spread a layer of celery, cover with the jelly, let harden; then a layer of pecans in the same manner, then a layer of chopped pimentoes. Have this not more than 1½ inches thick. Cut in squares and serve on lettuce with Mayonnaise.

—Miss Mary Walton.

Salmon Salad I.

Shred 1 can red salmon; add 1 can of peas which have been washed and drained; 1 cup of celery, cut fine; salt and pepper. Mix with Mayonnaise dressing. Serve on crisp lettuce leaves with puffs of fluffy Mayonnaise over the top.

—Mrs. O. R. Brouse.

Salmon Salad II.

Boil hard as many eggs as desired. Shell, and cut off a slice from each end. Remove yolks and add part of them to 1 can of shredded salmon, 1 cup of celery, cut fine, and plenty of Mayonnaise dressing. Fill whites with this salad. Set on crisp lettuce leaves and pour Mayonnaise over all. Powder the rest of yolks over the top.

—Mrs. O. R. Brouse.

Tomato Aspic.

One-half can of tomatoes; 1 bay leaf; 2 slices of onion; ½ teaspoon of thyme; 1 teaspoon of salt; 1 teaspoon of sugar; ¼ teaspoon of pepper; ¼ box of gelatine, soaked in ½ cup cold water. Cook all together, except gelatine, ¾ of an hour or until tomato is very soft. Strain and add gelatine; strain again into mold and let stand on ice until firm. If desired, as it begins to set, chopped green peppers may be stirred in, chopped olives, cold cooked peas, beans or any vegetable suitable for salad. This served on lettuce and surrounded by Mayonnaise, makes a very pretty and delicious salad.

Tomato Sandwich.

Peel and chill large, firm tomatoes. Slice them and with a biscuit cutter cut thick slices of bread into rounds the same size as tomatoes. On a bed of lettuce place a slice of tomato, then a round of bread spread very thickly on both sides with Mayonnaise, which has not been diluted with whipped cream; then another slice of tomato, another spreading of Mayonnaise, and chopped chives on the top. This served with nice crisp bacon, makes a delicious summer luncheon.

—Mrs. William S. Miller.

Fish Aspic.

Prepare a highly seasoned tomato aspic. Boil any firm, fleshed fish; cool, pick into small pieces and season. Fill a mold full, but lightly (do not pack), with layers of the fish, capers and pearl onions. Then pour in the tomato aspic and set on ice to harden. Serve on a bed of lettuce with Mayonnaise dressing, into which has been worked as much grated cheese as it will hold.

—Mrs. Walter A. Forbes.

Cheese Salad.

One pint whipped cream; 6 tablespoons grated cheese; 1 large teaspoon gelatine dissolved in a very little water. Season with salt, Cayenne and mustard. Mix well and pour into molds and place on ice to harden. Serve on lettuce with French dressing. Sprinkle nut meats over the top. —Mrs. Ella P. Root.

Beet Salad.

Cut into ½-inch cubes 1 can of strawberry beets and marinate. Add 1 pound of shelled pecans, broken in pieces. Serve with boiled dressing and garnish with white cabbage, finely shredded. —Mrs. E. M. St. John.

Oyster Salad.

Beat 4 eggs light. Add 1 gill cream; 1 teaspoon mustard; 1 teaspoon salt; Cayenne; 2 tablespoons butter; 1 gill vinegar. Cook in double boiler about five minutes. Heat 1 quart oysters in their liquor to boiling point, drain and mix with the dressing. When ready to serve add 1 pint celery cut fine.

—Miss Sarah Williams.

Celery, Stuffed with Cheese.

To be served with salad. Mix equal parts of Blue Label and MacLaren cheese; add Cayenne, chopped pimola olives and chopped nuts. Spread in the hollow of each stick of celery.

—Mrs. E. M. St. John.

Cucumber and Onion Salad.

Cut up an onion and cucumber, place on lettuce and pour over all a German dressing.

German Dressing: Beat ½ cup of heavy cream until stiff; add slowly 3 tablespoons of vinegar, ¼ teaspoon of salt and a little pepper. Garnish with radishes, cut into rose shape, and sprinkle lightly with paprika. —Mrs. E. M. St. John.

White Grape Salad.

One pint of white grape juice; ¼ box Cox's gelatine. Soak gelatine in a little cold water. Heat the grape juice and then add the gelatine. Strain into individual molds and when ready to serve, turn out on a lettuce leaf. Garnish this with 1½ pounds white grapes, skin removed and ¼ pound blanched almonds. Serve with Mayonnaise, to which sweetened whipped cream has been added. —Mrs. Charles Brantingham.

Fruit Salad.

Grapes, cherries, pineapple, orange. After fruit has been thoroughly chilled on ice, arrange on lettuce and cover with French dressing. Just before serving, cover with a lemon ice or white grape ice, frozen hard.

—Mrs. Charles Brantingham.

Pineapple Salad.

Cut off the top of a pineapple, taking enough to form a lid. Scoop out the fruit and mix with cut up bananas and oranges, and Mayonnaise dressing. Return to the pineapple shell, adjust the lid and serve.

—Miss Florence Munn.

Banana Salad.

Peel nice ripe bananas. Roll in the beaten white of an egg, then again in either ground peanuts or other preferred nuts. (Grind the nuts, not too fine, in meat grinder). Serve on a lettuce leaf with Mayonnaise poured around.

—Mrs. O. R. Brouse.

Apple and Date Salad.

Cut pared and cored apples into match-like strips. Cut dates likewise, using ¼ as much date as apple. Into a pint of the mixture pour 2 tablespoons olive oil and mix well. Then add 1 tablespoon lemon juice and mix again. Cover closely, and let stand on ice ½ hour. If at the end of that time the salad is too dry, add more oil and lemon juice. Serve on lettuce with bread and butter sandwiches.

—Mrs. Edward Heiliger.

Alexandra Salad.

Use head lettuce, remove outer leaves, wash heads, and with a sharp knife cut a round place in top of each and then cut out center, leaving a cup. Into this put a few white grapes, halved, and seeded, and red California cherries (stones removed), or grape fruit pulp. Lay each lettuce cup on a dark lettuce leaf and just before serving, pour French dressing over all.

—Mrs. Edward Heiliger.

Waldorf Salad.

Two cups apple, finely cut up; 2 cups of celery, cut same size. Mix together and mix Mayonnaise dressing with it. This is pretty served in red peppers or red apples, scooped out.

CHAPTER XI.

EGGS AND CHEESE.

"We may live without poetry, music and art;
We may live without conscience and live without heart;
We may live without friends and live without books;
But civilized man cannot live without cooks."

—Owen Meredith.

EGGS.

Fried Eggs.

Drop eggs one by one into hot fat left from ham or bacon. Cook until the white is set. Sprinkle with salt and pepper and serve hot.

Baked Eggs.

Six eggs; ¼ teaspoon salt; dash of pepper; 1 tablespoon butter; 3 tablespoons cream. Break eggs into pan without separating. Add salt, pepper, butter and cream. Bake 20 minutes and serve hot.

Eggs Poached in Balls.

Put 3 pints boiling water into stew pan; set on hot stove or coals; stir water with a stick until it runs rapidly around, then having broken an egg into a cup, taking care not to break the yolk, drop into the whirling water, continue to stir until egg is cooked, then take into a dish with a skimmer and set it over a pot of boiling water; boil one at a time. These will remain soft for a long time.

Poached Eggs.

Break a strictly fresh egg into a saucer. Have ready a pan of boiling water. Stir the water until it is spinning and drop egg into the center. When the white forms a thin veil over the yolk the egg is sufficiently cooked. Dash with salt and serve on buttered toast.

Creamed Eggs I.

Pour a little cream sauce over hot buttered toast. Add the chopped whites of hard-boiled eggs, then the yolks which have been rubbed through a sieve. Add salt and pepper and cover the whole with cream sauce. Garnish with parsley and serve.

Creamed Eggs II.

Boil 6 eggs 20 minutes. Make 1 pint of cream sauce. 6 slices of toast on hot dish. Put layer of sauce on each one, then part of the whites of the eggs, cut in thin strips; and rub part of the yolks through a sieve onto the toast. Repeat and finish with a third layer of sauce. Place in oven for 3 minutes. Garnish with parsley.

Scrambled Eggs.

Put a tablespoonful of butter and a little cream into a frying pan. When this is hot, break 6 eggs into it, and stir until slightly cooked. Serve immediately.

Steamed Eggs.

Break eggs into buttered patty pans, placed in a wire basket. Cook over a kettle of boiling water until whites are set.

Curried Eggs.

One cupful stock; 6 eggs; ½ teacup cream; salt and pepper; 1 teaspoon chopped onion; 3 tablespoons butter; 1 tablespoon flour; 1 teaspoon curry powder. Fry the onion in the butter. Add flour and curry powder and stir to smooth paste. Add cream and seasoning. Cook 10 minutes. Boil the eggs hard and quarter them. Pour the sauce over and simmer 2 minutes. Serve hot on toast.

Escalloped Eggs.

Butter a pie plate and sprinkle over it a layer of bread crumbs. Break 5 eggs carefully, place on crumbs; sprinkle over them small half teaspoonful salt and one-eighth teaspoonful pepper; cover with another layer of crumbs; pour over top a tablespoonful melted butter. Bake in hot oven, 8 minutes.

Eggs à la Buckingham.

Dip freshly toasted bread into hot milk. Place on hot platter. Pour scrambled eggs (slightly under done) over the toast. Sprinkle with grated cheese and put in oven to melt cheese. Serve hot.

—Hertha Tjaden.

Brown Buttered Eggs.

Put 2 tablespoonfuls of butter in small stew pan and let cook until very dark, almost black. Then drop in quickly 2 tablespoonfuls of tarragon vinegar and let cook a moment longer; add 1 teaspoonful chopped parsley, and set where it will keep warm. Drop 4 eggs in small buttered baking dish, sprinkle with saltspoonful of salt and set in oven to bake. When whites are set, remove from oven, pour sauce over the top and serve.

Eggs Broüille.

Six eggs, ½ cup milk, or better, cream; 2 mushrooms; teaspoonful salt; a little pepper; 3 tablespoonfuls butter; slight grating of nutmeg. Cut mushrooms into dice and fry 1 minute in 1 tablespoon of the butter. Beat eggs, salt, pepper and cream together and put in a sauce pan. Add butter and mushrooms to these ingredients. Stir over moderate heat until mixture begins to thicken. Take from fire and beat rapidly into eggs until they become quite thick and creamy. Have slices of toast on hot dish. Heap mixture on these and garnish with points of toast. Serve immediately.

Columbus Eggs.

Select green peppers of uniform size. Plunge into boiling water and remove outer skin. Cut around stem and remove seeds and veins. Break a fresh egg into each pepper and bake in hot oven about 12 minutes. Have ready a square of hot buttered toast for each and serve with tomato sauce.

—Mrs. Dan Kimball.

Eggs and Tomatoes.

Place 6 tomatoes, which have been peeled and sliced, into a well buttered baking dish. Season with salt and pepper and cook over the fire 20 minutes. Then break and drop 6 eggs over the tomatoes and cook for 5 minutes more. Serve in same dish.

Eggs with Mushrooms.

Fry 4 chopped mushrooms in 2 tablespoons of butter for 2 minutes. Beat 6 eggs, ½ cupful of cream, 1 teaspoon of salt and a little pepper together. Add the mushrooms and butter. Stir over moderate heat until it begins to thicken. Remove from fire and beat rapidly for 3 minutes. Serve on hot toast.

A Spanish Delicacy.

Heat an earthen dish over a moderate fire and melt in it a piece of butter the size of an egg; add a small onion, minced fine; ½ teaspoonful salt; a dash of pepper; a teaspoonful minced parsley, and as much minced chili pepper or a tablespoonful of sweet pepper; break 6 eggs, one by one, into the boiling butter and turn as soon as they are set, using great care not to break yolks. Serve very hot in same dish.

Omlet—(Splendid).

Six eggs, whites and yolks beaten separately; ½ pint of milk; 6 teaspoons cornstarch; 1 teaspoon baking powder, and a little salt; add whites, beaten to stiff froth, last; cook in a little butter.

Green Corn Omelet.

Take 4 good-sized ears of very tender sweet corn, score lengthwise of kernels and press out pulp with back of a knife. Mix with 5 well-beaten eggs, add 4 tablespoonfuls rich milk, ¾ of a teaspoonful of salt and 2 or 3 dashes of pepper. Have frying pan very hot, put in good teaspoonful of butter; when well melted, pour in omelet. Cook with care, folding over as soon as it sets, and dish on a hot platter. Left-over corn may also be used.

Mrs. Langwell's Omelet.

Four eggs, whites and yolks beaten separately; 3 tablespoons water; salt and pepper to taste; beat well together. Have 1 tablespoon melted butter hot in omelet pan. Pour in mixture and cook until top is dry. Fold and remove to hot platter and serve at once.

Omelet with Cheese.

Beat 4 eggs until very light. Add 1 teaspoon flour, 1 tablespoon chopped parsley, ½ cup grated cheese and a dash of pepper and salt. Pour into a pan in which there is a tablespoonful of melted butter. Shake the pan while cooking. When brown, fold over and serve on hot platter.

Potato Omelet.

One cupful mashed potatoes; 3 eggs, beaten separately; 1 teaspoon salt; one-tenth teaspoon black pepper; 1 teaspoon flour; ½ cup milk. Mix well and add a dash of nutmeg. Brown lightly in a well-buttered frying pan and serve hot.

Egg Relish,

Beat 5 eggs, yolks and whites together; add salt and pepper; 1 cupful cream; 1 teaspoon chopped parsley and 1 cupful bread crumbs. Fry in hot butter.

Egg Chowder.

Beat 5 eggs together. Add ½ cup cream and 1 cupful boiled ham, chopped fine. Fry in hot butter and stir. Serve with a garnish of parsley.

Swiss Eggs.

Butter a stone china dish or crock. Shave into it ¼ pound cheese. Partly cover with bits of butter. Mix ⅓ cupful cream, 1 teaspoon mustard, ½ teaspoon salt and one-tenth teaspoon Cayenne. Pour half the mixture over the cheese. Break 6 eggs into the dish and pour rest of the cream mixture over this. Bake 8 minutes and serve.

Eggs à la Swiss.

Spread bottom of dish with 2 ounces of fresh butter; cover with grated cheese; break 6 eggs upon cheese without breaking yolks. Season with red pepper and salt, if necessary; pour a little cream on the surface, strew about 2 ounces grated cheese on top and set eggs in moderate oven for about a quarter of an hour. Pass a hot salamander over the top to brown it.

Stuffed Eggs au Gratin.

Boil hard ½ dozen eggs. Remove shells and cut in two lengthwise. Take out yolks and beat to a paste; add salt, pepper and a little mustard, minced parsley, 2 tablespoons of bread crumbs and a large tablespoon of butter. Fill whites with this mixture and lay eggs, stuffed side uppermost, in a buttered baking dish. Cover with white cream sauce, sprinkle with bread crumbs, bits of butter and grated cheese. Put in oven and bake until brown on top. —Mrs. R. G. Root.

CHEESE.

Cottage Cheese.

Set a dish of clabbered milk on the back of the range or in a gas oven after baking, leaving the door open. In half an hour pour into a coarse bag and let drain 3 hours. Put the cheese which remains in the bag in an ice cream freezer, add salt and rich cream and turn freezer until light and fluffy.

Rice with Cheese.

Into a baking dish put layers of well-cooked rice, salt, pepper, butter and grated cheese. Sprinkle cracker crumbs on top and cover with milk. Bake ¾ of an hour.

Cheese Omelet.

Beat up 3 eggs and add 1 tablespoon of milk, 1 tablespoon of grated cheese, salt to taste. Cook like plain omelet, adding a little more cheese before folding. Turn out on a hot dish; grate cheese over it before serving.

Cheese Soufflé.

Melt in a saucepan a large tablespoon butter, add a heaping tablespoon flour and stir smooth. Add to this 1 cup milk and cook until thick. Take from fire and add ¾ cup of grated cheese, the older the better. Drop into this the yolks of 5 eggs and a good dust of red pepper. If cheese is fresh, add salt. Have oven hot, and butter baking dish. Beat the whites of the eggs very stiff, and add the mixture to the whites. Bake until firm, from 20 minutes to ½ hour. —Eleanor Holland.

Cheese Patty.

Melt 1 cup of grated cheese and 1 teaspoon of butter, over a steamer. To stiffly beaten whites of 2 eggs add the melted cheese, salt and paprika. Fill shells and bake brown in quick oven.

Shells.

Take 1-inch thick slices of baker's bread; cut round with biscuit cutter and scoop out the inside to form cups. Put a tablespoon of milk in each before filling with cheese.

Baked Celery and Cheese.

Cut up and stew the celery. Put in a baking dish with layers of white sauce and grated cheese. Over the top put bread crumbs and cover with cheese. Bake brown.

Celery and Cheese Sticks.

Mix cream cheese and sweet cream; season with salt and paprika. Add 8 finely chopped olives and fill celery sticks with the mixture. Serve with salad.

Cheese Fingers.

When pies are made take piece of pastry dough, roll out very thin, and cut into strips as long and wide as a finger; spread on each strip grated cheese sprinkled with salt and pepper. Lay on another strip, pinch together, brush with yolk of egg, bake in slow oven. If no pie crust is already made a half cupful flour, tablespoonful butter and a little ice water will make plenty.

Cheese Straws.

Cheese straws are made by using the above recipe and cutting in strips 5 inches long and ¼ inch wide. Bake 8 minutes in hot oven. Parmesan cheese may be used. Serve with salad.

Cheese Sandwiches.

To 1 package Blue Label cheese, add 1 tablespoonful chopped pimentos and 1 tablespoonful chopped walnut meats. Mix and spread between thin slices of bread and butter.

Welsh Rarebit.

Cut the crusts from 6 slices of bread. Toast and butter, and then dip quickly into hot water and place on hot platter. Stir 2 cups of grated cheese into ½ cup of hot milk. When melted, add salt, Cayenne and the yolks of 2 eggs. Cook 1 minute and pour over the toasted bread.

Cheese Toast.

Mix 3 tablespoons of bread crumbs with 3 tablespoons cream and 3 tablespoons melted butter. Add 1 cupful grated cheese, 1 teaspoon mustard, salt and pepper (Cayenne). Spread evenly upon slices of toast and brown quickly in the oven.

Cheese Filling for Sandwiches.

One cream cheese, 1 bottle stuffed olives. Cream the cheese with enough cream so as to spread. Add olives, chopped fine. Nuts may be used in place of olives.

Potatoes with Cheese.

Make a white cream sauce; add ½ pound grated cheese. Add sliced cold boiled potatoes. Season well with salt and pepper and bake in buttered baking dish until brown on top.

Cheese Strips.

Make cheese sandwiches. Remove crusts and toast. Cut in strips and serve with salad.

Macaroni and Cheese.

One cup macaroni, broken small, and boiled 1 hour in salted water. Make a cream sauce of 1 pint milk, 2 tablespoons flour, 1 tablespoon butter, salt and pepper. 1 cup grated cheese. Put all into a buttered baking dish and bake until nicely browned.

Cheese Salad I.

Make small balls of cheese and chopped nuts. Put several into a nest of head lettuce and serve with French or Mayonnaise dressing.

Cheese Salad II.

One pint whipping cream; 1 tablespoon gelatine, dissolved in a little cold water, then a little hot; 6 tablespoons grated cream cheese; 1 pinch of dry mustard; salt and paprika; ½ cup chopped walnuts. Put into small molds until hard, then serve on shredded lettuce with French dressing. —Mrs. Kimball.

Cheese Fondu I.

Heat 1 tablespoon butter in frying pan or chafing dish. Add 1 cup milk, 1 cup fine bread crumbs, 2 cups of grated cheese and a teaspoon of dry mustard. Season with Cayenne. Stir constantly until perfectly smooth. Add 2 eggs, lightly beaten, and serve on toast.

Cheese Fondu.

Take as many eggs as there are guests. Beat them well and put in saucepan. Add ⅓ as much cheese by weight as eggs and ½ as much butter as cheese. The cheese should be grated or broken in very small pieces. Put all over fire and stir until thick and soft, then add salt and pepper. Remove to baking dish and bake until brown on top. —Mrs. Fannie Moffatt.

Cheese Balls I.

Mix Blue Label cheese with a little cream and finely chopped pecan meats. Make into balls and roll in chopped pecans, which have been heated with butter, and salt in a frying pan or in the oven. —Mrs. Edwin St. John.

Cheese Balls II.

Use club cheese; moisten with a little cream until it is soft, and easily molded. Season with salt and a little Cayenne pepper; mold in small, flat balls about the size of a walnut and press ½ of

a pecan nut on the top; serve on a platter with parsley, forming little nests for the cheese balls. This can also be molded into the shape of little carrots, with a sprig of parsley at the large end.

—Mrs. Fannie C. Moffatt.

Cheese Balls III.

Mix 1½ cups grated American cheese with ¼ teaspoon each of salt and paprika; add whites of 3 eggs, beaten. Shape in small balls, roll in fine cracker crumbs and fry in deep fat. Serve with salads.

Cheese Balls IV.

One cream cheese, 1 dozen olives, cut fine. Cream the cheese with enough cream to make it pliable. Add olives, and mold into balls the size of a walnut, garnish with chopped parsley.

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CHAPTER XII.

PASTRY.

"Who'll dare deny the truth, there's poetry in pie."

It is quite essential in making good pastry that all utensils should be as cold as possible and as little water as possible should be used. Ice water or the very coldest obtainable should be used in mixing pastry. Pastry should be kneaded very slightly. The less it is handled the better.

A small pinch of baking powder may be added to pie crust, if desired. A little white of egg spread over bottom crust of a pie before pouring in the filling will help to keep the crust from soaking.

Pie crust will be browner and more flaky if about 1½ tablespoonfuls of cream or rich milk be spread over the surface before baking.

Pie Crust I.

Two cups flour; 1 cup lard; ½ cup water; pinch of salt. Mix lard and flour thoroughly, add water little by little, press together lightly. —Mrs. G. L. Garlick.

Pie Crust II.

Three cups flour; 1 cup lard; ½ cup ice water. Mix lard in flour with knife; add water and mix as little as possible; roll thin.

Pie Crust III.

One quart flour; ½ pound of lard, sweet and firm; ½ pound of butter; 1 small teacupful of ice water.

—Mrs. C. I. Hardy.

Pie Crust IV.

One-half cup of butter; ½ cup of lard; ½ cup of ice water; 2½ cups of flour. Have everything cold. Cut the flour into the butter and lard with a knife and add the ice water, using the knife to mix. Roll as little as possible and in one direction. Do not put the hands in if possible to handle it with the knife.

—Mrs. Seeley Perry.

Chou Paste.

To make chou paste put ½ cup of butter and 1 cup of water into a sauce pan and place on fire; when boiling, stir in 1 cup flour and beat vigorously until the mixture is smooth and leaves the side of the pan. Turn into a bowl and add 4 eggs, beating each one in separately, until smooth. This may be served with soup, by dropping from a spoon into deep fat frying until brown, or dropping on a pan and baking in moderate oven. This may be used for cream puffs, by dropping on buttered pans in circular forms, higher in the center. Bake 30 minutes in moderate oven with strongest heat at bottom, as puffs must rise quickly and be light before browning on top. They scorch easily, but must be well baked lest they fall.

Cheese puff balls are made like the puffs with the addition of a rounding tablespoonful of cheese (grated), which is stirred into the mixture before the egg is added. —Amelia Sulzbacher.

Apple Pie.

Make crust as above. Prepare fruit as for sauce and slice into a thin crust; sprinkle with sugar, according to taste, and dust lightly with nutmeg and cinnamon. Place small bits of butter on this and cover with upper crust. Pinching the edges closely together. The outer edge may be wet slightly with cold water before placing upper.crust. —Ruby Garlick.

Apple Pie à la Mode.

Make a good apple pie and serve hot, putting a tablespoon of vanilla ice cream on the top of each slice.

Lemon Apple Pie.

One cup sugar; 1 lemon (juice and pulp); 2 large apples or 4 small ones (grated); 1 tablespoon flour; 1 tablespoon butter; 1 egg. Bake between 2 pie crusts. —Mrs. J. C. Daggett.

Apple Custard Pie.

One pint of sour apples, cooked smooth and sifted; 2 cups sugar; 1 cup butter; 6 eggs, beaten separately, the whites for frosting the top. Season with cinnamon.

Blackberries, raspberries and all small fruit may be made into pies. No seasoning is needed. It will be found advisable to mix sugar thoroughly with flour before it is added to such fruit.

Custard Pie I.

Line deep tin with crust, making quite a thick edge. Fill with following: 1 pint of rich milk; 3 eggs; ½ cup sugar; pinch of salt and little nutmeg. Beat eggs thoroughly before adding remainder. Bake ½ hour by slow fire, or until nothing sticks to a silver knife if inserted into the custard. A custard pie needs great care in baking.

—Mrs. G. L. Garlick.

Custard Pie II.

One pint milk; 3 eggs, well beaten; 3 tablespoons sugar; ⅓ teaspoon salt; ½ teaspoon ground cinnamon. Line a deep pie tin with pie crust and pour in the mixture. Bake carefully in a moderate oven. When done, it will not stick to a knife, if tried.

—Mrs. J. H. Morrill.

Lemon Pie I.

Line pie tin with crust, prick with fork and bake in moderate oven. When done, fill with the following: Take juice and part of the grated rind of 1 lemon; add the yolks of 2 eggs, 2 tablespoonfuls flour, 1 cup of sugar, butter size of hickory nut, and 1 cup water. Cook in double boiler until a smooth paste, stirring constantly. Place in baked crust, cover with beaten whites of eggs to which has been added 1 tablespoonful sugar. Brown in oven.

—Ruby Garlick.

Lemon Pie II.

One and one-half lemons, juice and a little of the grated rind; 1 cup water; 1 large cup sugar; 2 tablespoons flour; 1 tablespoon of butter; 3 eggs (yolks). Mix the sugar and flour together and add the lemon juice and rind, then the water and the beaten yolks of the eggs. Cook in a double boiler and when it begins to thicken, add the butter. Cook till thick. Make a rich pie crust and bake in a pie tin (under crust only); when done, pour in the cooked filling to the baked crust. Beat the whites of the eggs stiff and put in a little pulverized sugar to sweeten; put this meringue over the pie and put in the oven to brown a little.

—Miss E. C.

Two Crust Lemon Pie.

Three lemons for 2 pies; 2 cups boiling water; 2 tablespoons cornstarch; 1 cup of sugar; 3 eggs.

—Miss R. G.

Lemon and Raisin Pie.

One lemon; 1 cup sugar; 1 cup water; 1 cup raisins; 1 tablespoon flour. Remove seeds from lemon and raisins, and chop fine. Stir all the ingredients together and bake between 2 crusts.

—M. B.

Chocolate Pie I.

Two cups milk; 2 tablespoons grated chocolate. Put in double boiler and heat until chocolate is melted. When cool, add ½ cup sugar and yolks of 3 eggs and white of 1, beaten together. Bake in 1 crust slowly. Frost with whites of 2 eggs, beaten with ½ cup powdered sugar and a little vanilla.

—Mrs. T. E. Sayer.

Chocolate Pie II.

Three eggs; ¾ cup of sugar; 3 tablespoons of grated chocolate (heaping); 1 large cup of milk; vanilla flavoring. Take 1 egg and the yolks of 2, leaving the whites to frost top. Mix the eggs, sugar and chocolate together, add the milk and vanilla. Line a pie tin with pie crust, put in the filling, bake, and when done, frost and brown.

—Mrs. W. S. Miller.

Buttermilk Pie.

One cup sugar; 1 tablespoon butter; 1 egg; cream together; 1 teaspoon cinnamon and cloves; juice of ½ lemon; 1 cup buttermilk; 1 cup chopped raisins. Bake in 2 crusts. Cannot tell this from mince pie.

—Mrs. E. A. Howell.

Cream Pie.

Pour a pint of cream upon 1½ cups of powdered sugar; let stand until the whites of 3 eggs have been beaten to a stiff froth; add this to the cream and beat thoroughly. Grate a little nutmeg over the mixture and bake in 2 pies without upper crust.

—Mrs. Frank Travers.

Sour Cream Pie.

One cup sour cream; 1 cup of sugar; ¼ cup raisins (seeded and chopped); 3 eggs, beaten together; whip cream till thick, then add eggs, raisins and sugar. Bake between 2 pie crusts.

—Mrs. M. B. St. John.

Cocoanut Pie.

One cup sugar (small); ½ cup grated cocoanut; 1 pint rich milk; yolks of 2 eggs, using whites for frosting; 2 tablespoons cornstarch or flour; flavor with nutmeg. Let sugar and milk boil, then add cornstarch, which has been dissolved with a little cold milk, then add beaten yolks, stirring constantly until cooked. Then pour into baked crust, cover with beaten whites and cocoanut and brown in oven.

Cocoanut Custard Pie.

One pint milk; 3 eggs; 1 cup sugar; ½ cup cocoanut (grated); Scald the milk in double boiler, beat the eggs till creamy, add the sugar and beat again, then add the hot milk and pour the mixture into a crust lined pie plate. Sprinkle the cocoanut over the top and bake in a moderate oven, taking it out before it is firm, while it still shakes in the middle. Cool. —Mrs. J. L. Keep.

Squash Pie.

One cup of squash (after it is cooked); 1 tablespoon of flour; ½ cup of sugar; 1 small teaspoonful of ginger; 1 teaspoonful of cinnamon; 3 eggs (yolks). Add flour to squash, then sugar, ginger, cinnamon and milk sufficient for 1 pie. Add the stiffly beaten yolks the last thing. Fill a pie crust lined pie tin and bake.

—Mrs. A. C. Deming.

Pumpkin Pie.

One cup cooked pumpkin; 1 cup sweet milk; 2 eggs; ½ cup sugar; 1 even teaspoon each ginger and cinnamon; ½ teaspoon nutmeg and salt. Beat yolks and whites separately, put pumpkin on back of stove and heat, add yolks and beat, then sugar and spices and stir thoroughly. Add whites and lastly the milk, very slowly, and stir well. Bake with one crust only.

—Mrs. A. C. Brearley.

Pie Plant Pie.

One cup chopped pie plant; 1 cup sugar; 1 egg; 1 teaspoon flour; stir all together and bake in 1 crust; use whites of 2 eggs, beaten, for top and brown in oven. —Mrs. L. W. Miller.

Two-Crust Pie Plant Pie.

Make as for other small fruit, filling lower crust with 1 layer only of sliced pie plant. Sweeten with sugar mixed well with flour and season with butter. —Ruby Garlick.

Mince Meat.

Boil 4 pounds of good beef until tender. When cold, chop and measure in cups, adding twice as many cups of chopped apples as meat. Add 5 cups of sugar, 2 pounds of raisins, 1 pound of currants, 1 cup of chopped citron (if desired), 1½ grated nutmegs, 3 tablespoons cinnamon, 2 tablespoons cloves, 2 of allspice, 2 of salt and 2 cups of molasses. To this may be added the stock in which the meat was cooked and 1 quart of boiled cider. A glass of currant jelly is sometimes an addition or juice from pickled peaches may be thus utilized. —Mrs. G. L. Garlick.

Mock Mince Pie.

One cup of raisins; 1 cup of cranberries; 1 cup of sugar; 1 tablespoon of flour. Cut raisins and cranberries in two; mix all ingredients and bake between 2 crusts. —Mrs. J. L. Keep.

Tomato Mince for Pies.

One peck green tomatoes; 5 pounds sugar; 2 pounds raisins; 1 tablespoon cloves; 1 tablespoon cinnamon; 1 tablespoon allspice; 1 tablespoon nutmeg. Chop the tomatoes fine and cook 1½ hours. Then add the sugar and spice with one lemon and half a cup of vinegar and the raisins chopped fine. Add 1 teaspoon salt, ½ teaspoon pepper. Cook ½ hour. This will keep in cans all winter and is delicious. —Mrs. Emma Wilkins Guttman.

Mock Cherry Pie.

One cup cranberries and ½ cup raisins, chopped fine. Add 1 cup sugar, ½ cup water, 1 tablespoonful flour, 1 teaspoon vanilla, little salt. Bake in one crust. Miss Williams.

Cream Pie Plant Pie.

Beat 1 egg with ⅔ cup sugar. Add 1 tablespoon flour, 3 tablespoons cream or rich milk, 1 teaspoon lemon extract, and 1 cup stewed pie plant. Bake in one crust. —Miss Williams.

Cherry Pie.

One quart of cherries; 1 large cup of sugar. Stone the cherries and cook them a little until they are thoroughly heated through. Line a pie tin with good pie crust, put the sugar in and pour over the cherries, cover with an upper crust and put into the oven to bake. The pie is much nicer to spread the sugar in the crust lined pie tin with the cooked cherries poured over, than to mix the sugar with the fruit. —Mrs. Miller.

Blueberry Pie.

One-half cup of sugar; 2½ cups blueberries. Line a deep pie plate with a good pie crust, fill with the berries and sugar mixed and dredge on to them a little flour. Cover with an upper crust and bake about ¾ of an hour in a moderate oven.

—Mrs. S.

Pineapple Pie.

Beat the yolks of 4 eggs very light. Add 1 cup sweet cream, 1 cup grated pineapple, 1 cup sugar and the whites of 2 eggs, beaten stiff. Pour into crust and bake in a moderate oven. When done, spread beaten whites of 2 eggs on top and return to the oven and brown.

—Miss Sarah Williams.

Orange Pie.

One-half pound sugar; ¼ pound butter; 2 oranges; 6 eggs (beaten separately). Grate the rinds of the oranges and squeeze the juice. Cream the butter and sugar, add the beaten yolks of the eggs, the rind and juice of the oranges and lastly, the stiffly beaten whites of the eggs. Line a pie tin with pie crust and stir in the mixture and bake.

—Mrs. Miller.

Strawberry Meringue Pie.

Beat the whites of 2 eggs to a stiff froth; stir in gently ⅔ of a cup of sugar, 1 teaspoon of vanilla and a pint of fine strawberries. Line a pie pan with rich pastry and bake, then drop in the meringue by the spoonful and bake in a slow oven till firm.

—B. S.

Individual pies made of mince meat, pumpkin or any other kind are very nice to serve at small dinners or at luncheons. Made in patty pans the same way as in pie tins.

Martha Washington Pie.

Five eggs (beaten separately); 1½ cups of flour; 2 teaspoons of baking powder; 1 cup of sugar; ¼ teaspoon of salt. Beat the yolks and add the flour and baking powder. In the beaten whites stir the sugar and salt, then stir all together, flavor with vanilla and bake in 4 round pie tins. When done, put together with jam or jelly and serve with whipped cream on top. This recipe makes 2 pies.

—Miss Addie Thayer.

Molasses Pie.

One cup of brown sugar; 1 cup of butter; 1 cup of New Orleans molasses; 4 eggs. Beat all together and bake quickly in a hot oven with just 1 crust. This filling makes 2 pies. It is very nice when rightly made, but very rich, The molasses must be a good quality.

—Miss Leola Arnold.

Tart Shells.

Roll out rich pie crust about an eighth of an inch thick; cut out with a round cookey cutter; take a smaller cutter and cut out the centers of half of them, leaving rings about 1 inch in diameter. Moisten the rings near the edge and lay on to the whole pieces and press the edges together lightly. Chill and bake about 15 minutes in a hot oven. Cool, and fill with jam, jelly or sauce of any kind.

Lemon Tarts.

Grated rind and juice of 2 lemons, put in a small saucepan with the beaten yolks of 3 eggs, 2 tablespoonfuls of butter and 2 cupfuls of sugar. Set on the fire and stir until thick; take off and set aside to cool. Line tart-pans with puff paste, bake in a quick oven. Fill with the lemon mixture and serve.

Lemon Butter for Pies or Tarts.

One pound of sugar; ¼ pound of butter; 3 lemons; 6 eggs, leaving out the whites of 2. Cook in double boiler.

—Mrs. H. E.

Banbury Tarts I.

One cup of raisins, stoned and cut in half; 1 lemon, juice and grated rind; ½ cup of sliced citron; 1 cup of sugar. Mix together, and cook until the sugar is dissolved thoroughly. Cut puff paste or rich pie crust in round pieces 3 inches in diameter. Put a heaping teaspoonful of the mixture on each piece and fold over the same as turn-overs, pinching the edges of the paste together. Bake about 20 minutes in a slow oven.

—Mrs. Freeman Graham.

Banbury Tarts II.

One egg; 1 cup raisins (seeded and chopped); 1 lemon (juice and grated rind); 1 cup of sugar. Beat the egg and add the sugar, raisins and lemon. Put 2 teaspoons of mixture on a piece of pastry about 3 inches square and an eighth of an inch thick; fold over and bake the same as turn-overs.

Fig Tarts.

One cup of chopped figs; 1 cup of water; stew in a double boiler for 3 hours, then add ½ cup of sugar and the juice of 1 lemon. Fill small pastry shells, previously baked, and heap whipped cream on before serving.

Prunes, like figs, should be soaked over night before cooking, and the latter process should be very gentle. They acquire a new and sprightly flavor if a cup of cider is added to the syrup in which they are cooked.

English Cheese Tarts.

One cup cottage cheese; ¾ cup cream; ½ cup sugar; 2 tablespoons of brandy or lemon for flavoring; 1 cup of currants. Put in a double boiler and cook till it thickens. Line patty pans with pie crust and put in the mixture and bake 20 minutes. This is an old English recipe and very delicious.

—Mrs. E. M. St. John.

Pineapple Tartlets.

Beat together ¼ cup of sugar and the yolks of 2 eggs. Add 1 cup of grated pineapple, the grated rind and juice of ½ a lemon and a pinch of salt. Fill 6 patty pans, which have been lined with pie crust, and bake. Cover with a meringue made of the 2 eggs and 1 tablespoon of sugar; put into the oven a moment to brown a little.

Lena Keith Marsh, New Richmond, Wis.

CHAPTER XIII.

HOT PUDDINGS.

"The daintiest last to make the end more sweet."

It is said, "One of the best uses of originality is to say common things in an uncommon way." One of the next best uses is in serving common things in uncommon ways for—"Variety alone gives joy; the sweetest meats the soonest cloy."

How to Insure the Best Results.

Always butter pudding molds well. If the pudding is to be boiled in a mold, use a covered mold. Stand in boiling water and boil continuously until done. Have the water come up as high as the pudding in the mold.

If a bag is used, it should be of thick cotton. Dip the bag in hot water and flour the inside well. Plunge immediately in hot water. When done, dip the bag in cold water and the pudding will turn out easily. Put a plate on the bottom of the kettle to keep the pudding from burning.

When a pudding is to be steamed, have the pudding mold a little smaller round than the steamer used. Lay a cloth over the top of the steamer and cover steamer closely. Do not uncover the steamer or jar it till the pudding is done.

In boiling or steaming puddings never allow the water to stop boiling till pudding is done. If more water has to be added it must be at the boiling point.

When raisins are used in puddings, put them in dry and well floured. If put in wet, the pudding will be heavy.

"The discovery of a new dish does more for the happiness of man than the discovery of a new star."

"The hand that made you good hath made you fair."

Old English Plum Pudding; over 100 years old.

One pound seeded raisins; 1 pound currants; 1 pound beef suet; 1 pound brown sugar; 1 pound flour; 1 pound fine wheaten bread crumbs; ¼ pound candied orange peel; ¼ pound citron; 1 tablespoon salt; 1 teaspoon nutmeg; 1 teaspoon cinnamon; 1 teaspoon cloves; 8 eggs; ½ ounce bitter almonds, chopped fine; 3 large carrots, grated fine; 1 breakfast cup strong black coffee; 1 breakfast cup molasses. Enough sweet cider to wet and mix well, but not enough to make thin. Mix the dry ingredients well together. Beat the eggs, without separating, then add them to the molasses and coffee. Add the carrots and mix well, adding the cider slowly. Let all stand until morning. The mixture should be of a consistency to be packed and pressed into buttered pudding boilers, and should cook 10 hours. During the making of this pudding every person in the house must help stir it, and it is said that whatever is wished for during the operation will be granted. This recipe is over one hundred years old.

—Mrs. Henry Whipple.

Christmas Plum Pudding.

One cup finely chopped suet; 2 cups of fine bread crumbs; 1 cup sour milk; 1 heaping cup sugar; 1 cup each seeded raisins and currants; ½ cup citron, sliced thin; 1 cup blanched almonds, chopped; 1 cup prunes, cut in large pieces; 1 teaspoon each salt and cloves; 2 teaspoons cinnamon; ½ grated nutmeg; 4 well beaten eggs; 1 level teaspoon soda, dissolved in 1 tablespoon warm water; 1 pint flour. Put the well beaten eggs, sugar, spice, salt, and milk in a large bowl. Flour fruit from a pint of flour and add to mixture, then the nuts, bread crumbs and suet, one at a time; last the dissolved soda and rest of flour. Steam 4 hours in angel cake pan. Serve with the following sauce:

Sauce: Cream 1 cup sugar and ½ cup butter; add yolks of 4 eggs, beaten well; a pinch of salt, and 1 large cup hot cream or rich milk. Beat well. Cook in a double boiler till thick, but do not boil. Flavor with vanilla.

—Mrs. E. T. Hanson, Beloit, Wis.

Plum Pudding.

(Without suet or shortening.)

Mix in a bowl dry: 1 cupful seeded raisins; 1 cupful clean currants; ½ pound shredded citron; 1 cupful brown sugar; 1 cupful chopped nuts—either pecans, peanuts, walnuts or hickory nuts; ¼ grated nutmeg; ½ teaspoon cinnamon; ½ teaspoon cloves. Sprinkle over this mixture: 1 cupful flour; 1 pint bread crumbs; mix all thoroughly. Beat 3 eggs without separating, until light. Dissolve ½ teaspoon soda in 2 tablespoons warm water; add it to ½ cup molasses; add the juice and rind of a lemon and ½ cup grape juice or wine. Mix well, pack in molds and steam several hours.

—Mrs. Henry Whipple.

Suet Pudding I.

One cup suet, chopped fine, or ½ cup butter; 1 cup molasses; ½ cup sweet milk; 2 teaspoons baking powder; ½ teaspoon cinnamon; ¼ teaspoon cloves; a little salt; 2 cups flour; 1 cup raisins; 1 cup nut meats. Steam 3 hours. Serve with whipped cream or egg sauce.

Mrs. C. E. Sovereign.

Suet Pudding II.

One cup chopped suet; 2 cups raisins; 1 cup currants; 1 cup sugar; 3 eggs; 1 teaspoon cinnamon; 1 teaspoon nutmeg; ½ teaspoon cloves; ½ teaspoon salt; ½ cup sour milk. Dissolve in the milk 1 teaspoon soda. Add flour to make quite stiff. Steam 3 hours. Serve with pudding sauce.

—Mrs. George Manlove.

Suet Pudding III.

One cup chopped suet; 1 cup sliced figs; small piece of citron, cut fine; 1 cup sour milk; 1 teaspoon soda, dissolved in ½ cup molasses; 1 tablespoon of sugar; flour to make quite stiff. Steam 2 hours.

—Lurena Lander.

Suet Pudding IV.

One cup suet, cut thin, in ½-inch pieces; 1 cup dried cherries; ½ cup sugar; 1 cup sweet milk; pinch of salt; 2 teaspoons baking powder. About 2½ cups flour to make it a little thicker than for a cake. Steam 2 hours. Serve with rich lemon sauce.

—Mrs. J. L. Keep.

Suet Pudding V.

One cup chopped suet; 1 cup molasses; 1 cup milk, sweet; 1 cup raisins; 3½ cups flour; 1 egg; 1 tablespoon cinnamon; 1 teaspoon cloves; ½ teaspoon nutmeg; salt; 1 teaspoon soda in the milk. Steam 3 hours. Serve with following sauce:

SAUCE: 1 cup sugar; ½ cup butter, creamed. Put in double boiler and cook till creamy. Add 1 egg, beaten, and 2 tablespoons vinegar. Beat all 15 minutes. —MRS. T. V. ENGSTROM.

Fig Pudding I.

Chop 1 pound figs; add 1 pint bread crumbs; 1 teacup butter; ½ cupful sugar; 1 teaspoon salt and 4 eggs. Steam in mold 1 hour. Serve hot, with pudding sauce.

Fig Pudding II.

One cup figs, chopped fine; 1 cup English walnuts, chopped; 1 cup granulated sugar; 2 eggs, beaten separately; 1 teaspoon baking powder; 3 tablespoons flour. Bake ½ hour in slow oven. Serve with whipped cream or hard sauce, as follows: Cream 1 cup sugar; ⅓ cup butter. Add the white of 1 egg, beaten. Vanilla to taste.

—MRS. A. H. ALLEN

Fig Pudding III.

Two cups bread crumbs; ½ cup butter; 1 cup sugar; ¼ pound figs; 2 tablespoons flour; ½ cup nut meats; 2 tablespoons molasses; 2 eggs; ½ teaspoon soda. Steam 2 hours. Serve with following sauce:

SAUCE: Whites of 2 eggs; 1 cup sugar; 1 teaspoon vinegar, or 2 teaspoons lemon juice. Add ⅔ cup cream before serving.

—MRS. R. H. EDWARDS, Oshkosh, Wisconsin.

Steamed Fig Pudding.

One-half cup butter; ½ cup sugar; ½ cup molasses; 1 cup sweet milk; 2 eggs; 3 cups flour; 1 pound chopped figs; 2 teaspoons baking powder; pinch of soda; ½ cup dried currants; ½ teaspoonful nutmeg; ½ teaspoonful cinnamon. Steam in mold 3 hours. Serve with whipped cream sauce. —MRS. P. F. STONE.

Graham Pudding.

Mix well together ½ cup molasses; ½ teaspoon soda; ¼ cup butter; 1 egg; ½ cup milk; 1½ cups graham flour; a little salt and spice to taste. Steam 2 hours. Add 1 cup raisins, if desired. Serve with any kind of sauce.

Brown Pudding.

One-half cup molasses; ½ cup brown sugar; ½ cup butter; ½ cup sour milk; 1 teaspoon soda; ½ cup raisins; ¾ cup flour; 1 teaspoon baking powder; spice to taste. Mix together and bake slowly. Serve with sauce.

—Mrs. W. D. Williams, Omaha, Neb.

Date Pudding.

One cup molasses; 1½ cups chopped suet; 3 cups flour; 1 cup sour milk; 1 pint dates; 2 eggs; 1 teaspoon of cloves and 1 teaspoon of cinnamon; ½ teaspoon grated nutmeg; 1 teaspoon soda, dissolved in the sour milk; grated rind and juice of 1 lemon. Steam 5 hours. —Miss Lila Haskell, New York.

Batter Pudding.

One pint milk; 4 eggs, yolks and whites beaten separately; 10 tablespoons sifted flour; a little salt. Beat in whites of eggs the last thing. Bake ½ hour. Serve with lemon sauce.

Delicate Indian Pudding I.

One quart milk; 2 heaping tablespoons Indian meal; 4 tablespoons sugar; 1 tablespoon butter; 3 eggs; 1 teaspoon salt. Boil milk in double boiler; sprinkle meal into it, stirring constantly. Cook 12 minutes, stirring frequently. Beat together the eggs, salt, sugar and ½ teaspoon ginger. Stir butter with meal and milk. Pour this gradually over the egg mixture. Bake slowly for 1 hour. Serve with sauce of heated syrup and butter.

—Mrs. Murray Carpenter.

Indian Meal Pudding II.

One quart of milk; 4 tablespoons cornmeal; ¼ cup molasses; ¼ cup sugar; 1 level teaspoon ginger; 1 teaspoon cinnamon; pinch of salt; ½ cup butter. Scald milk in double boiler, stir in the cornmeal, moistened, in a little cold milk; add the other ingredients and pour into baking dish and bake in slow oven. Stir frequently, until it begins to thicken, then pour in 1 cup of cold milk, and bake 2 hours. —Mrs. J. L. Keep.

Cottage Pudding.

One cup sugar; butter size of an egg; (1 cup sour milk, 1 teaspoon soda) or (1 cup sweet milk, and 1 teaspoon baking powder); 2 eggs; 2 heaping cups flour; a little salt. Bake in pudding-dish. Serve hot with any preferred sauce.

Bread and Apricot Pudding.

Fill pudding dish with alternate layers of fine bread crumbs and canned apricots, drained of their juice. Pour over this a custard made with 1 pint milk, 2 eggs, ½ cup sugar. Bake ½ hour or until custard is set.

Brown Betty.

One cup bread crumbs; 2 cups chopped tart apples; ½ cup sugar; 1 teaspoon cinnamon; 2 tablespoons butter. Butter a deep dish and put a layer of chopped apple in bottom; sprinkle with sugar and bits of butter and cinnamon. Then add a layer of bread crumbs and continue till dish is full. Cover closely and steam ¾ hour in moderate oven; then uncover, and brown quickly. Serve with sugar and cream.

Chocolate and Almond Pudding.

One tablespoon butter; ½ cup grated chocolate; ½ cup milk; ½ cup flour. Beat thoroughly together and cook in double boiler till like custard. Turn out to cool and add 5 egg yolks, beaten with ¾ cup sugar and 1 cup sliced almonds. Whip in the whites of 5 eggs, stiffly beaten. Fill buttered mold. Steam 1 hour, turn out and serve with whipped cream or hard sauce.

—Lena Keith Marsh.

Willy Boys.

Yolks of 2 eggs; 1 cup sugar; 3 tablespoons sweet milk; 1 square melted chocolate. Mix well and add 1 cup flour. Beat till smooth and add beaten whites of 2 eggs and 2 teaspoons baking powder. Steam 20 minutes in individual molds. Serve with cream or sauce.

Steamed Chocolate Pudding.

One egg; 1 cup milk; ½ cup sugar; 2 cups of pastry flour; salt; 3 teaspoons baking powder; 2 squares melted chocolate. Beat egg well and add the sugar, then the milk and pour gradually over the sifted flour, baking powder and salt, and add the chocolate last. Place in buttered mold and steam 1½ hours. Turn out on a hot platter and serve with a foamy sauce.

—Mrs. A. C. Horton.

Chocolate Bread Pudding.

Soak 2 cups of stale bread crumbs in 3½ cups of scalded milk, for 30 minutes. Melt 2 squares of chocolate over hot water, add ⅓ cup of sugar, and enough of the milk to pour. Add chocolate,

2 eggs, slightly beaten, and another ⅓ cup of sugar, and 1 teaspoon of vanilla to the soaked crumbs. Turn into a buttered baking dish and bake about 1 hour in a moderate oven.

—Miss Ruth Wilkins.

Steamed Bread Pudding.

One pint bread crumbs; 1 cup cold water poured over bread; 1 cup molasses; 1 egg; 1 large tablespoon melted butter; 1 teaspoon soda; 1 cup chopped raisins; 1 cup flour; salt, cloves and cinnamon. Steam 2 hours.

—Mrs. G. T. Kennedy.

Baked Bread Pudding.

One cup soft bread crumbs; pour over it 1 pint boiling milk; 1 cup raisins; yolks of 4 eggs, beaten light; sugar and nutmeg to taste; 1 tablespoon butter. Mix well, and bake 20 minutes. Make a meringue of whites of eggs and brown in oven.

Steamed Nut Pudding.

One pint pastry flour; 2 tablespoons baking powder; ½ teaspoon salt; 1 cup milk; 2 tablespoons melted butter; 2 eggs; ½ cup sugar; 1 cup nuts. Mix baking powder and salt with flour. Add milk and melted butter. Beat yolks of eggs and add sugar and beat them well through the dough. Then add the whites of the eggs, beaten stiff, and then the nuts, well rolled in flour. Steam 2 hours and serve with wine sauce. (See Sauces.)

—Mrs. Freeman Graham.

Steamed Cup Pudding.

One cup flour; 1 teaspoon baking powder. A little salt and enough milk to make a smooth batter. Put in layers with fruit in greased cups and steam 20 minutes. Eat with cream or fruit sauce.

—Miss Sarah Williams.

Inexpensive Steamed Fruit Pudding.

One cup flour; pinch of salt; 1 heaping teaspoon baking powder; enough water to make stiff batter; a handful cranberries; Steam ½ or ¾ an hour.

Sauce: Beat 1 egg with 1 cup sugar; flavor and thin with hot water.

—Mrs. H. D. Stoat, Elgin, Ill.

Steamed Blueberry Pudding.

One pint pastry flour; 2 teaspoons baking powder; ½ teaspoon salt; 1 cup milk; 2 tablespoons melted butter; 2 eggs; ½ cup sugar; 1 pint fresh blueberries. Mix the baking powder and salt with the flour, add milk and melted butter. Beat the yolks of the eggs, add the sugar and beat them well into the dough. Then add the whites of the eggs, beaten stiff; and then the fruit well rolled in flour. Put in cups or mold, and steam 2 hours and serve with wine sauce. The "Home Sweet Home" pastry flour is the best for this recipe.

Canned blueberries may be used. using the juice thickened as a pudding sauce.

Apples, or other fruits, raisins cut in halves, or 1 cup of nutmeats, cut in small pieces, may be substituted for the blueberries.

—Mrs. Freeman Graham.

Cranberry Puff.

Sift together 2 cups flour, ½ teaspoon salt, 2 tablespoons baking powder. Rub into the flour ¼ cup butter. Beat 2 eggs and add to them 1 cup milk. Stir all into flour with 1 pint cranberries Fill buttered cups ½ full. Steam 1 hour.

—Mrs. J. H. Boose, Pontiac, Ill.

Cranberry Pudding.

Beat 2 eggs, 1 cup sugar and butter size of an egg to a cream. Add 2 large tablespoons flour; 1 teaspoon baking powder, and 1 quart chopped cranberries. Bake till fruit is done.

Cherry Pudding.

One-half cup milk, ⅓ cup butter; 1 cup flour; 1 teaspoon baking powder; 1 cup cherries, without juice; bake 30 minutes and serve hot with following sauce.

Sauce: ½ cup sugar; piece of butter size of an egg; 1 level teaspoon flour, rubbed into the butter; 1 cup cherry juice; 1 cup hot water. Cook till it thickens.

—Mrs. E. St. John.

Pieplant Pudding.

Butter a pudding dish. Nearly fill the dish with alternate layers of thin slices of buttered bread, thickly strewn with cinnamon and sugar, and layers of chopped pieplant. Beat 2 eggs. Stir them carefully over 1 tablespoon flour. To this add 3 cups milk and a little salt. Pour over contents of pudding dish. Let stand 1 hour before cooking. Bake ¾ hour. Serve with lemon sauce.

Rice Pudding.

Soak ½ cup rice till it fills up; pinch of salt. Drain and cook in fresh water till soft. Drain and add 1 pint milk. Put in pudding dish with 1 tablespoon of butter. Add ½ cup sugar and ½ cup raisins. Add beaten yolks of 3 eggs. Season to taste with nutmeg and cinnamon. If too stiff, add little more milk. Bake. When done, add meringue.

—Mrs. W. D. Williams, Omaha, Nebr.

Poor Man's Pudding.

Three tablespoons rice, washed till water runs clear; 1 quart milk; 1 cup sugar; a pinch of salt. Cook together in a double boiler for at least 2 hours. Then put in a pudding dish with a few seeded raisins and a little grated nutmeg. Bake slowly in the oven for ½ hour. Must use discretion as to adding more milk. Rice should be of a creamy consistency when done.

—Mrs. L. A. Weyburn.

Lemon Pudding.

Grate the rind of 1 lemon and extract the juice Put 3 soda crackers in a dish and pour over them 1½ cups boiling water and let stand till soaked. Cream the yolks of 3 eggs with ¼ cup sugar. Beat the whites of 3 eggs to a stiff froth and add to them 2 tablespoons sugar. Mash soaked crackers very soft and add ¼ cup sugar, the juice and rind of lemon and yolks of eggs. Stir well, and bake 15 or 20 minutes. Remove from oven and cover with whites of eggs and then brown in oven. Serve either hot or cold.

—Miss Sarah Williams.

Pinola.

Take freshly popped corn; run through a coffee grinder or meat chopper; eat with sugar and cream.

Pinola Pudding.

Two cups pinola (ground freshly popped corn); 2 cups milk; 2 eggs; ½ cup sugar; pinch salt. Put baking dish into larger one containing hot water and bake until set. Eat either cold or hot and with cream and sugar, if desired.

—Mrs. Stanton Hyer.

Sponge Pudding.

One cup of butter; 3 tablespoons of sugar; 4½ tablespoons of flour. Beat these well together and stir into a pint of boiling milk. Cook till it thickens; let this cool. Then stir in the beaten yolks of 6 eggs. Pour in a pudding dish, set in a pan of water and bake ½ hour. Serve with strawberry sauce.

—Mrs. Geo. R. Forbes.

Snowballs.

Two eggs; 1 cup sugar; 1 cup flour; 4 tablespoons water; 1 teaspoon baking powder; grated rind of 1 lemon. Fill well greased cups half full and steam ½ hour. Roll balls in pulverized sugar. Serve with strawberry or any fruit sauce.

—Mrs. C. E. Sovereign.

Creamed Apple Pudding.

Put 1 layer bread in a baking dish. Then a layer of sliced apples and bits of butter. Another layer of bread and apples and butter and so on till dish is most full. Beat 2 eggs till light, add to 1 pint of milk and pour over above. Steam or bake till apples are tender. Serve with sweet pudding sauce.

—Mrs. J. L. Keep.

Apple Pudding.

Fill dish ⅔ full of apples. Sweeten and dust with cinnamon. Pour over batter made of 1½ cups sugar; 1 tablespoon butter; 1 egg; ½ cup milk; 1 cup flour, sifted with 2 level teaspoons baking powder. Flavor with vanilla. Bake in moderate oven ½ hour. Serve hot with cream. —Mrs. Charles Sowle.

Apple Roll.

Four medium sized apples; 1½ cups sugar; 1 pint water. Select apples which will cook quickly; peel, core and chop fine. Put the sugar and water on to boil in a deep baking pan and while cooking, make a rich biscuit dough. Roll out about ½ inch thick, spread over it the apples and roll in a long roll. Cut roll into pieces about 1½ to 2 inches wide and set into the hot syrup, with the cut side down. Put a small piece of butter, a little nutmeg or cinnamon and a trifle of sugar over each roll. Set in oven to bake. When the apples are done, and the crust a golden brown, turn them over on a platter and pour around the thick syrup. Serve with either plain or whipped cream. This will serve 8.

—Miss Mary Bennett.

Apple Dumplings.

Pare, quarter, and core the apples. Make a rich, rather stiff baking powder biscuit dough. Roll out about ¼ inch thick. Cut out the dumplings with a large round cutter about as large as a common saucer. Put about 4 quarters of apple in the center of each piece and add a little sugar and cinnamon or nutmeg or both, as preferred. Carefully fold the dough over the apples. Place in a baking pan and bake till crust and apples are done. These may be baked with or without a syrup. When baked in a syrup put about 2 cups water to 1 of sugar in baking pan and bring to a boil before the dumplings are put in. If the dumplings are to be boiled, tie each one in a floured cloth and plunge them immediately into boiling water and boil 30 minutes. If they are to be steamed, place them on a plate a little smaller than the steamer. Put the plate in the steamer and steam about 40 minutes. Serve hot with sauce or cream. Peaches or other fruit may be used in place of the apples. MRS. O. R. BROUSE.

Prune Pudding—Plain, but Nice.

Wash and soak 1 pound prunes over night in a little water and stew them in the same water the next morning until soft enough to remove the stones; after seeding, chop in the chopping bowl; then add sugar to taste. Make a baking powder dough, roll out as thin as pie crust, spread on this the prunes and then roll up as you would a jelly roll. Cut in slices about 3 inches thick, lay them in a baking pan and bake in a quick oven about 25 minutes. Serve with cream.

Peach Fritters

Two eggs, beaten; 1½ cups milk; 2 cups peaches, sliced fine; ½ cup sugar; ½ teaspoon salt; 2 teaspoons baking powder; flour enough to make a thick batter. Drop from a spoon into hot fat. —MRS. H. N. WOOD, Omaha, Nebr.

Peach Cobbler.

Pare, stone and cut into sections the peaches. Put in a pudding dish with a little water, enough about to half cover them. Sweeten to taste and add bits of butter and a sprinkle of flour. Cover with a rich baking powder biscuit crust and bake about ½ hour. Serve with cream. Apples or other fruit may be used in the same way.

Peach Canapés.

Sauté circular pieces of sponge cake in butter until delicately browned. Drain canned peaches, sprinkle with powdered sugar, few drops lemon juice and slight grating of nutmeg. Melt 1 tablespoon butter, add peaches, and when heated, serve on cake.

—Miss Ruth Wilkins.

Peach Cup.

Beat 2 eggs and add to 1 pint of milk. Sift together twice 2½ cups flour, ½ teaspoon salt, and 2 teaspoons baking powder. Stir all together. Put 1 spoonful in greased muffin rings, put on top ½ peach, hollow side up. Bake. When ready to serve, sprinkle with fine sugar and serve with cream.

—Miss Winifred Ohr, St. Paul, Minn.

Peach Pudding.

Peel ripe peaches and arrange them on the bottom of a buttered pudding dish; pour over them a batter made from ½ cup sugar, 1 cup milk, 1 egg, 2 tablespoons melted butter, 2 cups flour, 2 teaspoons baking powder. Bake about ¾ hour in moderate oven. Serve warm with cream and sugar or a fruit sauce.

German Puffs.

Beat 4 whole eggs slightly, add 1 cup of milk, and pour gradually into 1 cup of pastry flour. Mix well, and strain through a sieve back into the first bowl. Butter hot gem pans, fill half full, and bake in a moderately quick oven about 40 minutes. Serve at once, with peach sauce. —Miss Ruth Wilkins.

Baked Custard.

Beat 3 eggs and a pinch of salt together till light. Add ¼ cup of sugar and beat again. Then add 1 pint milk and nutmeg. Stir till sugar is dissolved. Pour in custard cups, set in a pan of hot water and bake till the centers are firm.

Custard Soufflé.

Two scant tablespoons butter; 2 tablespoons flour; 2 tablespoons sugar; 1 cup milk; 4 eggs. Let milk come to a boil in a double boiler. Stir flour and butter together, add to boiling milk and cook 8 minutes, stirring it often. Beat sugar and yolks of eggs together. Add this to cooked mixture and let cool. When cool, beat whites of eggs stiff and stir in carefully. Bake 20 minutes in moderate oven. Serve with a creamy sauce.

Cup Custard.

Put into each custard cup: Yolk of 1 egg; 1 heaping teaspoon sugar; 3 or 4 gratings of nutmeg; 5 tablespoons sweet milk. Mix thoroughly, and set cups in a pan of hot water. Care must be taken while baking that water does not reach boiling point or custard will whey. By running a silver knife through custard, if knife comes out clean, the custard is done. When cool, cover with a meringue, using the whites of the eggs. Allow 1 tablespoon sugar to the white of each egg. Drop on each meringue a teaspoon of orange marmalade, or a bit of fresh fruit in season.

—Mrs. Fred Moffatt.

Marguerite Pudding.

Scald 1 quart milk in double boiler. Beat together ¾ cup sugar, 2 tablespoons cornstarch, 2 tablespoons flour, yolks of 5 eggs, 1 salt spoon salt, ½ cup cold milk. Pour scalded milk and mixture together and return to fire. Stir till thick and smooth and cook 15 minutes. Add 1 tablespoon butter, 1 tablespoon vanilla. Turn in a dish and make a meringue of the whites, and brown in open

Prune Whip.

Soak 1 cup prunes in warm water and stew until tender. Rub through a sieve. To 1 cup of the sifted prunes add ½ cup sugar and ½ cup hot water in which is dissolved 1 envelope Minute Gelatine (plain). Whip into this the well beaten whites of 3 eggs. Serve with a custard sauce.

For Shortcakes, see Hot Breads.

"With the desserts of poetry they feed him."

CHAPTER XIV.

PUDDING SAUCES.

"Epicurean cooks sharpen with cloyless sauce his appetite."
—SHAKESPEARE.

Hard Sauce.

One-fourth cup butter; 1 cup powdered sugar; 1 teaspoon vanilla or 1 tablespoon brandy, whites of 2 eggs, or 2 tablespoons cream. Cream the butter, add sugar gradually and beat till light, then add whites or cream and beat till frothy. Heap on a dish, sprinkle with grated nutmeg and stand on ice to harden.

Foamy Sauce.

Cream 2 tablespoons butter and 1 cup powdered sugar. Add 1 well beaten egg. When smooth, add a pinch of salt and vanilla. Just before serving, blend with 1 cup whipped cream.

Foaming Sauce.

One-half cup butter; 1 large cup pulverized sugar; a little wine or lemon juice for flavoring; 3 tablespoons cream. Beat the sugar and butter to a cream and beat the cream into it, add the flavoring. Put over top of teakettle and steam for 10 minutes and serve immediately. This will foam to the bottom if beaten enough. To make more foamy, beat white of 1 egg and stir the sauce into it after it is taken from the stove.

—MRS. ANNA GUSTAFSON.

Pudding Sauce I.

One and one-half cups sugar; ¼ cup butter; ½ cup boiling water. Let cook till sugar dissolves. Beat the yolks of 2 eggs well. Add and cook 4 minutes, then beat. Just before serving, beat in whites, beaten stiff. Flavor.

—MRS. J. H. BOOSE, Pontiac, Ill.

Pudding Sauce II.

One egg; ½ cup sugar. Beat together. Add 1 teaspoon boiling water and vanilla.

Golden Sauce I.

One-third cup butter, creamed; 1 small cup sugar; 5 or 6 tablespoons cream or milk; ½ teaspoon lemon juice; 1 egg, well beaten. Mix all together and cook over water, stirring frequently.

—Mrs. L. A. Williams, Mitchell, So. Dakota.

Golden Sauce II.

One cup brown sugar; cream a piece of butter the size of an egg; add ½ cup cream. Heat in double boiler about 10 minutes. Flavor with fruit juice.

Maple Sauce I.

One-half pint maple syrup; 2 tablespoons butter; 1 level teaspoon flour. Boil till it thickens like thick cream.

Maple Sauce II.

One-fourth pound maple sugar; boil in ½ cup water till it strings. Pour slowly, beating the while, on the stiffly beaten whites of 2 eggs. Then add ½ cup sweet cream, and lemon juice to taste.

—Mrs. W. D. Williams.

Maple Sauce III.

Beat well the yolks of 2 eggs; add slowly ¼ cup hot maple syrup. Cook in double boiler till spoon is coated. Strain and beat till cool. Then add ½ cup whipped cream and a pinch of salt. Serve very cold.

Brown Sauce.

One cup brown sugar; 1 tablespoon flour. Add boiling water till it is the right thickness. Then add a piece of butter and flavoring.

—Mrs. G. N. Thompson.

Nut Sauce.

Two cups maple sugar; 1 cup cream; 1 cup finely chopped nuts. Boil sugar and cream to a thick syrup, then add nuts.

Caramel Sauce.

Put ½ cup sugar in a pan and stir till light brown. Add ½ cup boiling water and let simmer 10 minutes.

—Miss Louise E. Smith, Victor, Montana.

Egg Sauce I.

The yolks of 3 eggs; ½ cup sugar; 8 tablespoons milk. Steam over boiling water 20 minutes. Add the beaten whites of 3 eggs, a wine glass of any fruit juice, vanilla and a little nutmeg.

Egg Sauce II.

Beat the yolks of 3 eggs and 1 cup sugar together for 10 minutes. Then add the stiffly beaten whites of the eggs. Flavor with 2 teaspoons brandy or 1 teaspoon vanilla.

Boiled Custard Sauce I.

Beat together 3 egg yolks and ¼ cup sugar. Add 2 cups hot milk and a pinch of salt, and a teaspoon of vanilla or nutmeg. Cook in double boiler till spoon is coated.

Boiled Custard Sauce II.

Sauce as No. 1. Add stiffly beaten whites of eggs on removing from fire.

Orange Sauce I.

Beat the whites of 3 eggs stiff; add ½ cup powdered sugar and beat again; then add the grated rind, pulp, and juice of 2 oranges. Mix well, and serve at once.

Orange Sauce II.

Beat 2 tablespoons butter to a cream. Add 4 egg yolks, one at a time, and 3 tablespoons sugar, and 4 tablespoons cream. Cook in double boiler till thick. Just before serving, add ¼ cup orange juice and grated rind of 1 orange.

Lemon Sauce.

Grate the rind of 1 lemon and extract the juice. Add 1 cup boiling water, 1 tablespoon butter, ⅔ cup sugar. Thicken with 1 teaspoon cornstarch. Cook till cornstarch is done.

—Mrs. F. A. Bennett.

Strawberry Sauce.

Cream 2 tablespoons butter; add slowly 1 cup powdered sugar, and a little lemon juice. Beat in as many berries as you can.

—Miss Sarah Williams.

Peach Pudding Sauce.

One-half cup butter and 1 cup sugar, creamed; ½ can peaches or any other kind of fruit. Mash fruit well, and mix with creamed butter and sugar.

Peach Sauce.

Four canned peaches put through a colander. Boil 1 cup cream in a double boiler. When hot, add 1 dessert spoon of cornstarch, dissolved in a little water; 1 tablespoon sugar; a pinch of salt. Stir till thickens. Then beat in the peaches and lastly the stiffly beaten whites of 3 eggs. Stand on ice till very cold. Apricot sauce may be made the same way.

Cherry Sauce.

One-half cup sugar and 1 tablespoon butter, creamed. Take some cherry juice and some water until you have a cupful, thicken with a little teaspoon of cornstarch and cook thoroughly. Add this boiling hot to creamed butter and sugar.

Claret Sauce.

One cup sugar; ¼ cup water. Boil together 8 minutes. Cool slightly, and add ⅓ cup claret.

Cream Brandy Sauce.

Cook 1 cup sugar and 1 cup water till it threads; beat 3 egg yolks in a bowl and add ½ cup cream, a pinch of salt, and 2 tablespoons of brandy. Pour syrup slowly over egg mixture, stirring constantly till it thickens.

Sherry Sauce,

Cream together 2 tablespoons of butter and 1 cup powdered sugar. Put in a bowl of boiling water. Stir 5 minutes and add 3 tablespoons Sherry, and serve.

Wine Sauce.

One cup butter; 2 cups powdered sugar; 1 gill Sherry. Beat butter till it is a cream and then gradually beat it into the sugar. Add the Sherry by spoonfuls. Beat the mixture till it is a smooth froth, then set the bowl in a basin of boiling water and stir for a minute and a half. When the sauce is finished, grate part of a nutmeg over it and send it to the table hot.

—Mrs. Freeman Graham.

Vinegar Sauce.

Slightly brown 1 tablespoon of butter in sauce pan. Stir in 1 tablespoon flour and stir till smooth. Add 1 pint water and cook till clear, then add ½ cup brown sugar and ½ gill vinegar.

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CHAPTER XV.

COLD DESSERTS.

Suggestions.

Milk is at a scald in a double boiler when bubbles form around the edge.

A little salt should be added to all custards and it is an improvement to nearly all puddings.

The dish containing souffles or custards should be set in a pan of hot water while baking.

When a ring mold or a border mold is not available, a very good substitute is to place a basin or bowl inside of another, using the space between for a mold. When the mold is set the inner basin can be readily removed by pouring into it a little hot water.

When cream will not beat readily, often the white of an egg dropped into ½ pint cream will bring the desired result.

When cream will not whip as stiff as desired, add a little dissolved gelatine, cooled, and allow to stand for a while on ice.

Never use gelatine with raw pineapple. It will not jelly. Raw pineapple juice cuts the gelatine.

In case any kind of custard being cooked in a double boiler curdles, remove at once and set in cold water and beat with a dover egg beater. This will often recall it.

Strawberries, cherries, currant clusters, and grapes are all pretty for garnishings.

Fruits en perle are prepared by dipping them first in slightly beaten whites of eggs, then rolling in granulated sugar and allowing to dry.

To glacé fruits, boil sugar and water syrup till it ropes, then dip fruit in and allow to harden.

Fruits may be also dipped in melted fondant, colored any desired shade.

Strawberry Ring.

Hull, wash and rub enough strawberries through a fine sieve to make 1 pint of pulp; ½ box gelatine; ½ cup water; 1 cup sugar; 1 pint whipped cream. Soak gelatine in the water till soft, dissolve over hot water and add the sugar. Stir this into the fruit pulp and pour into a ring mold. Put on ice and when firm, turn out and fill the center with whole berries and heap the whipped cream around the base of the mold.

—Mrs. Chandler Starr.

Strawberry Bavarian

One quart fresh berries; 2 tablespoons gelatine; 1½ cups cold water; 1 cup sugar; juice of 1 lemon; whites of 4 eggs. Soak gelatine 30 minutes in ½ cup water, mash berries and add ½ sugar; make a syrup of the rest of the sugar and a cup of water, boil 20 minutes. Rub the berries through a sieve, add gelatine to syrup and remove from fire at once; add berries. Place in pan of cracked ice and beat 5 minutes. Add whites of eggs and beat till it begins to thicken. Put in a mold and set in a cool place to harden. Serve with whipped cream. Raspberries may be used in same way.

Strawberry Bavarian en Surprise.

Take a 12 egg angel cake, hollow out the center, leaving a shell about an inch thick, and a cover for the top. Fill with strawberry bavarian cream and replace cover before it stiffens. Serve sliced like cake, with whipped cream on each slice. Garnish with whole berries.

Bavarian for above recipe.

One-third box gelatine; ⅓ cup cold water; 1 cup strawberry juice and pulp; 1 pint whipping cream; juice of ½ lemon; ½ cup sugar. Soak gelatine in water 5 minutes, and let stand over hot water till dissolved. Then add to the strawberry and lemon juice; add sugar and stir until dissolved. Then set into ice water until it begins to thicken, stirring all the time; now turn in the whipped cream, mix and pour into the mold.

—Mary Walton.

Strawberry Soufflé Frappé.

Cook together the yolks of 3 eggs, ½ cup sugar, in ½ cup each of strawberry juice and pulp or orange juice. Add ¼ box dissolved gelatine. Then add whipped whites of 3 eggs; 1 cup cream, whip-

ped stiff. Do not add whites of eggs and cream until thoroughly cool. Add a pinch of salt; turn into a soufflé dish. Chill and serve from the same dish covered with whipped cream, and sliced strawberries.

—Lena Keith Marsh.

Strawberry Cream.

Whip 1 cup cream; cut 1 pint berries into small bits; stir lightly into cream; soak 1 tablespoon gelatine in ¼ cup cold water; dissolve in ¼ cup hot water. When slightly cool, add mixture with 3 tablespoons of powdered sugar. Pour in mold.

Strawberry Charlotte.

Fill a border mold with gelatine jelly made from strawberry juice per recipe for strawberry ring. When stiff, fill center with a rice charlotte. Serve with a sauce of crushed strawberry, stirred in whipped cream.

Strawberry Whip—(Original.)

Two cups strawberries, cut in small pieces, and sugar to taste; 1 cup sugar; whites of 10 eggs; 1 teaspoon cream of tartar. Mix sugar and cream of tartar. Beat the eggs as stiff as possible. Add sugar and cream of tartar. Beat with flat egg beater. When ready to bake, add strawberries. Bake 20 minutes.

—Mrs. Walter Forbes.

Strawberry Mold.

Line a smooth mold with fresh strawberries that have been dipped in melted gelatine. If the mold has been dipped in cold water and is standing in a pan of cold water the berries will stick to the side of the mold. Fill this with Charlotte Russe and stand away to harden and chill. A 2 quart mold will serve 8 people.

Strawberry Delmonico Pudding.

Stir ¼ cup of cornstarch with a little cold milk to a smooth paste, then stir into 1 quart of scalded milk. Cook 20 minutes. Add 1 tablespoonful of butter, a few grains of salt, and the yolks of 4 eggs, beaten, and mix with ¼ cup sugar. Keep over hot water a few minutes until the egg is set. Have ready 1 quart of strawberries, from which a few of the largest have been reserved. Turn the others into a buttered baking dish, sprinkle with ½ cup of sugar and pour the hot pudding over them. Bake about 15 min-

utes; then cover with a meringue made of the whites of 6 eggs and ⅔ of a cup of powdered sugar, sprinkle with sugar. Return to the oven and brown. Garnish with large strawberries.

—Miss Ruth Wilkins.

Pineapple and Marshmallow Pudding.

Cut in quarters with scissors enough marshmallows to fill 1 cup. Soak these in the juice from 1 small can of sliced pineapple for 5 hours or more. Then add the pineapple, cut up. Then beat in ½ pint of stiffly whipped cream. Serve in champagne glasses.

—Mrs. Winthrop Ingersoll.

Pineapple Gelatine Pudding.

One pint whipped cream (sweetened); ½ can grated pineapple; ½ cup water; sugar to taste; 3 tablespoons gelatine, softened in cold water. Let all come to a boil; cool, and add the whipped cream. Arrange lady-fingers around a dish and pour in mixture. Sprinkle candied cherries on top. Serve ice cold.

Pineapple Mousse.

One cup diced canned pineapple; ½ pint whipped cream; 1 tablespoon gelatine soaked in a little water, and dissolved over the teakettle; 1 cup of blanched almonds, slivered; 1 cup sugar. Fold together carefully. Mold and chill.

—Mrs. A. W. Wheelock.

Pineapple Whip.

Soak 1 box of Cox's gelatine in 1 cup cold water for 2 or 3 hours; 1⅓ cups sugar; ½ cup water. Cook till it threads. Then pour into the gelatine and beat. Pour this into the beaten whites of 7 or 8 eggs and 1 can grated pineapple. Beat 10 minutes. Pour into molds and serve with whipped cream.

Pineapple Soufflé.

Cook 1 cup chopped pineapple with ½ cup sugar and juice of ½ lemon till well reduced and thick. Beat the whites of 5 eggs with ¼ teaspoon cream tartar. Beat in the pineapple mixture, turn into 2-quart mold buttered and dredged with sugar. Set in a dish on folds of paper surrounded with boiling water and cook ½ hour in the oven. Do not let the water boil. Eat cold with cream and sugar. This will serve 8.

—Mrs. John. Goembel

Pineapple Sponge.

One fresh pineapple or 1½ pints of canned fuit; 1 cup sugar; ½ package gelatine; 1½ cups water; whites of 4 eggs. Soak the gelatine in ½ cup water. Chop the pineapple fine and mix with the juice, sugar and the remainder of the water. Simmer 10 minutes, then add the gelatine. Take from the fire and add whites of the eggs beaten stiff. Beat the mixture till it begins to thicken. Pour into a mold to harden and serve with whipped cream.

—Mrs. H. N. Starr.

Pineapple Toast.

Cut round slices of sponge cake; moisten with Sherry; lay these on a shallow dish and lay a slice of pineapple on each slice of cake. Take the juice from a can of pineapple, sweeten to taste, and thicken this with a little cornstarch. Cook until clear; allow this to cool, then pour over the cake and fruit. Serve with a little pyramid of whipped cream on each slice and granish with candied cherries.

Twisted Pineapple.

Sweeten 1 can of pineapple very sweet. Stir through it the beaten whites of 2 eggs. Put in the dish in which it is to be served and cover with whipped cream, flavored and sweetened. Cover tightly and set in ice box 3 or 4 hours before using.

Pineapple Custard.

Beat the yolks of 4 eggs slightly, add ¼ cup sugar; then stir in gradually 2 cups of scalded milk. Cook in a double boiler until thickened; then add 1 tablespoon of granulated gelatine, which has been soaked in cold milk to cover. Stir until the gelatine is dissolved, add ½ teaspoon of vanilla, and set aside to cool slightly. Drain ½ dozen slices of cooked pineapple and arrange them in a serving dish. Add sugar to syrup, using sufficient to make a heavy syrup when boiled 5 minutes. Pour this over the pineapple, and when the custard is partly cool pour it over the whole. Set away to chill.

Miss Ruth Wilkins.

Red Raspberry Purée.

Take 2 quarts red raspberries and 1 pint sugar and mash. Let stand 2 hours and then put through a sieve. Heat carefully and thicken with 1 tablespoon cornstarch, dissolved in a little water. When clear and smooth, add ½ pint Sherry. Let cool. Serve poured over shaved ice in glasses or serve as a dressing over puddings.

Fruit and Maple Mousse Loaf—(Original.)

FRUIT LOAF.

One-half box granulated gelatine, dissolved in 1 cup hot water; stir until cool; 1 cup powdered sugar; a dash of salt; 1 pint of fresh red raspberries (canned may be used in winter); put through a sieve to remove the seeds; 1 cup cream, whipped very stiff; ½ cup thinly sliced almonds (may be browned, if desired). Stir thoroughly and pour into 2-quart ice cream brick mold. Let harden on ice or out of doors in winter.

Maple Mousse for above recipe.

One-half box granulated gelatine, dissolved in 1 cup water as before. 1 cup maple syrup; a dash of salt; 1 cup whipped cream; 1 cup candied cherries and other candied fruit, if desired; ½ cup pecans (broken or cut). Pineapples, peaches or strawberries may be substituted or added to the fruit loaf. When it is perfectly hard, add the maple mousse and place again on ice to harden or ripen. Dip in hot water as you would ice cream to remove. Place upside down on platter. Place pink rose spray on side to garnish. Serve on table by cutting slices and covering with whipped cream.

—Lena Keith Marsh.

Raspberry Sandwiches.

Cut sponge cake into pieces of suitable size for serving individually and split crosswise. Crush a box of red raspberries slightly; put berries between and above each layer; dust top thickly with powdered sugar and serve with cream.

—B. E. S.

Raspberry Charlotte Russe.

Cover 2½ teaspoons of gelatine with cold water to soak. Whip 1 pint of cream and set it in a pan of ice. Sift into it ½ cup of powdered sugar and 1 teaspoon of vanilla. Add 2 tablespoons of boiling water to the gelatine, stir until dissolved; strain into the gelatine and stir until it thickens. Have ready a mold, scatter raspberries over the bottom. Put on a layer of the charlotte, then put the rest of the berries on top. Put the remaining charlotte around and over the berries, covering them entirely. Set away over night to harden.

—Miss Ruth Wilkins.

Raspberry Cream Cakes.

Put 1 cup hot water and ¼ cup butter over the fire. As soon as it boils, add 1 cup flour and stir till it forms a large ball. Stand away to cool; then add an unbeaten egg and beat until smooth. Add 4 eggs this way, one at a time, and after the last, beat well again. Drop from a tablespoon onto a buttered baking sheet and bake about ½ hour, or until they feel very light, when lifted. When cool, remove the upper portion of the cake and partly fill the center with raspberry cream filling. Replace the top crust and dust with powdered sugar and serve at once. In place of making the above crust one can buy empty cream puff shells and use in the same way.

Raspberry Cream Filling: To a cup of double cream, add 1 cup of raspberry pulp and juice, ½ cup sugar and 1 tablespoon lemon juice. Beat all until thick. Chill, and use to fill cream cakes.

Raspberry Mold.

Soak 1 package of gelatine in ½ pint cold water for 2 hours. Mash together 3 pints raspberries and 1 pint sugar, and let the mixture stand for 2 hours. Then press the juice through a fine strainer. Pour 1⅓ pints boiling water on gelatine, and stir till it is dissolved; then add the strained and sweetened raspberry juice and the juice of 2 lemons. Strain through a cloth and pour into molds. When cool, set into the refrigerator until the jelly is firm and chilled.

Cherry-Raspberry Jelly.

Mix 1 pint cherry juice with 1 of raspberry juice; sweeten to taste. Soak 3 tablespoons gelatine in a little water and add to heated juice. Strain and pour into mold and set on ice to stiffen. Serve cold with cream and sugar.

Cherry Pudding.

Three-fourths package gelatine; ½ pint hot water; 1 pint boiling water; 1 cup Sherry wine; 2 lemons (grated rind of 1). Soak the gelatine in the hot water, then add the boiling water, Sherry wine and lemon juice and rind. Sweeten to taste. Take 1 can of California cherries, pit and drop them into the mold after the mixture begins to congeal. Serve 1 pint of sweetened and flavored whipped cream around the mold.

Apricot Cream.

Whites of 6 eggs beaten till very stiff. Add 1 cup canned or stewed apricots and whip again. Sweeten to taste and add a pinch of salt. When very light and well mixed, allow to cool and harden. Serve ice cold with whipped cream and chopped nuts.

—Mrs. Lena Keith Marsh.

Pêche Melba I.

Cook halves of peaches in sugar syrup flavored with vanilla; serve on a round slice of angel cake or sponge cake on which has been placed a layer of vanilla ice cream. Pour over the whole a syrup made of raspberry juice sweetened and slightly thickened.

Pêche Melba II.

Cut with a cooky cutter a round slice of pound cake about ¼ inch thick. Put this in the bottom of a champagne glass. Surround this with preserved raspberries or strawberries. Lay on the cake ½ canned peach hollow side up. Fill the hollow with ice cream and cover with the other half of the peach. Pour over this a rich claret sauce. Finish with a puff of whipped cream on top.

—Mrs. Daisy Force Scott.

Peach Floating Island.

One package peach Jell-O; 3 eggs; ½ cup sugar; 1 pint milk; 1 cup whipped cream; 1 pint boiling water; 1 tablespoon cornstarch; 1 teaspoon vanilla; ½ glass currant jelly. Pour the pint of boiling water on the jell-o, stir until dissolved; then set aside to cool. Make a thin custard of the milk, sugar, egg yolks, cornstarch and vanilla extract, pouring it into a shallow dish and put it on ice. Beat the whites of the eggs until very stiff and when the jell-o begins to thicken, beat it with a wire egg-beater until it is white, then add the stiffly beaten egg whites. Lastly, beat in the whipped cream and continue as long as possible. Then with a large spoon take up a heaping spoonful of the jell-o mixture and drop it lightly on the custard, making in this way 6 or 8 of the "islands." Place a teaspoon of the currant jelly on each of the "islands."

Delicious Peach Cream.

Cook 1 pound can peaches very soft with ½ pound sugar and rub through a sieve. Soak ½ package gelatine in enough water to cover it, for ½ hour, then stir it into a cup of boiling hot cream or

rich milk. When dissolved, add to hot marmalade. When cool, and before it becomes firm, stir in 1 pint whipped cream. Put in mold and set on ice.

—Mrs. W. D. Williams, Omaha, Nebr.

Peaches en Surprise.

Select large free stone peaches. Chill. Just before serving, pare with a silver knife and remove stone with a spoon. Arrange on a platter. Have ready whipped cream, sweetened and flavored, and mixed with chopped pecan nuts. Fill the peaches with the mixture. Garnish with cherries and serve at once.

Almond Cream with Peaches.

Pare neatly 4 or 5 even-sized ripe peaches; cut them in rings crosswise; discard the end slices and sprinkle powdered sugar over the others. Blanch a cup of almonds and shred crosswise very fine. Place a pint of milk, ¾ cup granulated sugar and a pinch of salt over the fire in a double boiler; dissolve 2 tablespoons cornstarch in a little cold milk, and when the prepared milk boils, add it gradually to the same, stirring constantly for 15 minutes. Remove from the fire, add ½ teaspoon almond extract and the shredded nuts and beat vigorously; then gently fold in the whites of 3 eggs. Drain the peaches, line the bottom and sides of a wet pudding mold with the same, pour in the cream and let the whole stand in a refrigerator for several hours. Serve with golden sauce or whipped cream poured around the base.

Heavenly Hash.

Drain the juice from 1 can of peaches and add to the juice ⅔ cup sugar and boil together. Take ½ package Cox's gelatine and dissolve it in a little water. Put mixture with gelatine. Make layers of ½ dozen each of oranges and bananas, sliced, and pour over each layer some of the juice. Serve with whipped cream.

—Mrs. A. C. Horton.

Peach Sponge-Cake in Jelly.

Bake a delicate sponge-cake in pretty shape. Pare and cut in eighths ½ dozen large ripe peaches; simmer the kernels in a little water; strain, make a rich syrup of the liquid, and when cold pour it over the peaches half an hour before they are needed. Make 3 pints of either plain lemon or sherry wine jelly and pour ⅓ of it into a large mold. Hollow out the center of the cake, leaving

the bottom and sides nearly an inch thick. When the jelly is almost firm set the cake, top upward, in the center of it. Fill the cake with the peaches drained from the syrup, pour the remainder of the jelly around and over the cake and set it in the refrigerator for at least 3 hours. Invert on a serving dish, pour the syrup around and accompany with whipped cream.

Baked Peaches.

Scald 1 dozen firm ripe peaches, and remove the skins. Have ready about ¾ cup of blanched and shredded almonds. Stick some of the almonds in the peaches, and arrange them in an earthenware baking dish. Prepare a syrup by boiling 1 cup of sugar with 1 cup of water for 5 minutes, add the remaining almonds and pour over the peaches. Set in the oven and bake until the peaches are tender, basting frequently.

Peach Custard Pudding.

Mix 1 cup of stale bread crumbs in 3 cups of milk, add ½ cup of sugar, the well beaten yolks of 4 eggs, and the stiffly beaten whites of 2 eggs. Pour into a buttered baking dish, set in a pan of hot water, and bake until set. Remove from the oven, spread with a thick layer of pared and sliced peaches, and cover with a meringue made from the whites of 2 eggs and 4 tablespoons of sugar. Return to the oven till a delicate brown. Serve hot.

Peach Soufflé.

Pare 8 ripe peaches and rub the pulp through a coarse sieve. Add 1 cup of powdered sugar and the yolks of 3 eggs, beaten very light. Beat together until well mixed and very light. Then fold carefully into the whites of 6 eggs, beaten stiff. Turn into a baking dish, buttered and dusted with powdered sugar and bake in a hot oven until well puffed and brown. Serve at once.

—Miss Ruth Wilkins.

Apples in Bloom.

Select 8 red apples; cook in boiling water till soft, turning them often. Have water half surround the apples. Remove the skins carefully that the red color may remain and arrange on a serving dish. To the water add 1 cup sugar, grated rind of 1 lemon, juice of 1 orange. Simmer till reduced to 1 cup. Cool and pour over apples. Serve with cream.

—Miss Doris Wood, Omaha, Nebr.

Apple Compote.

Pare and core tart apples. Make a syrup of equal parts of sugar and water, allowing ¾ pound sugar to 1 of fruit. Add to syrup a little lemon juice, a few shreds of lemon peel and sliced ginger. When it boils, drop in your apples and cook till clear. Remove carefully to dish. Measure your syrup and for every quart allow ½ box gelatine, dissolve and stir in syrup. Pour over apples. When cool, heap whipped cream over it.

Porcupine Apples.

Select nice apples of equal size. Pare, core and cook in rich syrup. When tender, carefully remove from syrup, and then boil down syrup thick. Dip apples in this syrup and arrange on dish. Stud the apples thickly with slivered blanched almonds. Fill centers with currant jelly and if in season, garnish the edge of the dish with clusters of red currants. Serve cold with whipped cream.

Apples, Duchess Style.

With a vegetable scoop cut about 2 dozen balls from pared apples. Make a syrup from a cup sugar and 1 cup water and 1 teaspoon lemon juice. Cook apples in this till tender, then drain and roll in melted currant jelly. Cook the parings in a little water and put through a press and simmer in the syrup till thick. When cool, drop the marmalade thus made about the balls and sprinkle with chopped nuts. Serve with cream.

Stuffed Apples.

Wipe and core several apples. Chop an equal amount of pecans and raisins or dates. Season with cinnamon or mace and sweeten to taste. Add a dash of salt. Fill core cavities with mixture and sprinkle outside with sugar. Put in a pan close together and pour over them enough water to half cover the apples. Bake till tender, basting frequently. Put in serving dish and pour over the juice.

—Mrs. H. N. Wood, Omaha, Nebr.

Apple Snow Balls.

Pare, core and steam until soft, 6 nice tart white fleshed apples. Put through a colander or potato ricer; add 1 teaspoon lemon juice for each apple and sugar to taste. Dissolve ½ ounce gelatine in

as little water as possible and add to apples; allow this to become quite cold, then whip in a meringue made of the whites of 4 eggs and 4 ounces of sugar. Heap this in balls or pyramids on a flat dish. Decorate each pyramid with a spoonful of preserved cherries or strawberries. Make a boiled custard from the yolks of the eggs and pour around the snow balls.

CUSTARD: Put 1 pint of milk on to boil in double boiler. Beat the yolks of 4 eggs and 2 tablespoons of sugar till light. Add to boiling hot milk and cook 2 minutes. Add 1 teaspoon vanilla and cool.

Apple Soufflé.

Soak ⅓ box gelatine in ⅓ cup cold water till dissolved; then pour in ⅓ cup boiling water. Add juice of 1 lemon and 1 cup sugar. Add 1 pint apples, steamed and strained. When it begins to set, beat until light. Add beaten whites of 3 eggs and beat again. Serve cold with preferred sauce.

—MRS. H. E. STARRETT, Oak Park, Ill.

Croquante of Apples.

Soften ⅓ box gelatine in an equal amount of water; boil 1 cup sugar in ½ cup water for 5 minutes, add the gelatine and stir until it is dissolved; remove from the fire, add a tablespoon lemon juice and 2 of orange juice; strain, add a cupful rich apple juice and set the bowl in a panful of ice. Boil 2 cups sugar and 1 of water until mass is brittle, then take from the fire; butter a plain mold, dip lady-fingers or macaroons in the syrup and neatly line the bottom and sides and set aside to harden. When the jelly begins to stiffen beat until light, add the stiffly beaten whites of the eggs and whip until light and foamy all through; fill the mold and set in a cold place to harden for 4 or more hours. Serve with chilled custard sauce or whipped cream.

Rice Apples.

Boil ½ pound rice till well cooked with 1 quart milk and ½ cup sugar. Pare and remove cores from 7 or 8 apples; place in pudding dish and put a teaspoon of red jam or jelly in the cavity of each apple and some cream or lump of butter, then fill with sugar. Spread the cooked rice in and around the apples, leaving the top uncovered and bake till apples are soft. Frost with whites of 2 eggs, then brown. Serve with sweetened cream.

Apple Gelatine Cream.

Wash, quarter and stew enough tart apples to make a pint of juice; add a little stick of cinnamon to the water and when soft, drip through a cheese cloth. Soften ⅓ box gelatine in ½ cup cold water; bring the fruit juice to a boil, add ¾ cup sugar and the gelatine, stir until dissolved and pour into a deep bowl set in ice. When the jelly begins to stiffen, beat with an egg beater until light and stiff enough to drop; add a pint of cream, whipped to a stiff froth, and sweetened; fold together until smooth, place in a mold and set in a refrigerator and let stand for 4 or more hours. Serve with strawberry preserves and lady-fingers.

Apple Fluff.

Put 1 cup rich milk to heat in double boiler. Beat yolk of 1 egg with 1 good tablespoon sugar and add to milk; cook to thin custard; add a pinch of salt. When cool, flavor with vanilla and set on ice. Take 1 large apple, peel and grate it into the beaten white of 1 egg and sprinkle ½ cup sugar over apple as you grate it to keep apple from getting dark, then beat ½ hour. When done, pour custard over the fluff leaving little bits of fluff standing in custard.

—Mrs. F. A. Bennett.

Grated Apple Pudding.

Grate 7 large tart apples; beat the yolks of 8 eggs with 2 cups pulverized sugar until thick like a batter; add the grated apple; 1 dozen lady-fingers, grated; the grated peel of 1 lemon, and the stiff beaten whites of the eggs. Strew blanched almonds on top. Bake in a well greased form. Eat with whipped cream.

Green Apple Cream.

Core and quarter 6 tart apples; put in a sauce pan with enough water to cover, and cook slowly till tender. Add ½ cup sugar and put through sieve; add the beaten yolks of 4 eggs. Cook in double boiler till thick, stirring constantly. Turn into sherbet glasses and let cool. Serve with a spoonful of whipped cream on top.

Apple Meringue.

Eight tart apples stewed with 1 cup water and put through a sieve; add 1 cup sugar, 1 teaspoon lemon juice and the well beaten yolks of 4 eggs; bake in a buttered pudding dish 20 minutes in a

quick oven. Make a meringue of the 4 whites of eggs and 2 tablespoons of fine sugar. Put on top and brown lightly. Serve very cold with cream and lady-fingers.

Apple Custard.

Pare and core 5 good sized sour apples. Stand in a baking dish and put 1 tablespoon of sugar into each core; add a grating of nutmeg and juice of 1 lemon. Cook in oven or steam till tender. Put 1 pint milk in double boiler; separate 4 eggs; beat yolks and ¼ cup sugar till light; add to hot milk and cook to a custard; flavor. Arrange apples in a pudding dish, pour the custard over them, and cover with whipped cream or meringue.

Compote of Pears.

Pare, core and cut in halves the pears. Make a syrup of equal parts of sugar and water and the juice of 1 lemon. Stew pears in this syrup till done. Remove to the dish in which they are to be served, and pour over them a lemon gelatine jelly. When cool, pour over all the syrup which has been cooked down till thick. Serve very cold with cream.

Jellied Bartlett Pears.

Neatly pare and core 5 even-sized ripe Bartlett pears; lay them in the bottom of a graniteware pan, spread a cupful granulated sugar over the top, cover with boiling water and let simmer, closely covered until tender. Skim out the fruit, strain the syrup and add enough boiling water to make 1 quart. If there is not a decided flavor to the pears, add a teaspoon of lemon and a tablespoon of orange juice, and make a plain gelatine jelly. Pour ⅓ of the jelly into a wet round mold, and when it is nearly firm lay the fruit, pared side downward, on top of it to form a wheel with the stem ends diverging from the center. Pour the remainder of the jelly over the fruit and place in a refrigerator for 4 or more hours to mold. Serve with whipped cream and accompanied with sponge cake. —KATHERINE B. JOHNSON.

Baked Pears.

Core and pare large nice pears. Stuff with sliced candied ginger. Bake slowly in the oven with only enough water to keep from burning. When done, place in a dish, on ice. Cut marshmallows up in small pieces, soak in slightly sweetened cream for several hours. When ready to serve, pour cream mixture over the pears.

Orange Jelly Cases.

Soak ½ box gelatine in ½ cup of cold water, then dissolve it in ½ cup of boiling water; add ½ cup of sugar and strain into 1 cup orange juice and the juice of 1 lemon. Turn into a shallow pan. When firm, turn out on a flat surface, dip a large knife in hot water and cut the jelly in squares. Scoop out small cases in the top of each square and set in the ice box to stiffen again. These cases may be filled with strawberries, unsweetened, as the first course of a dinner or lunch or with berries and whipped cream as a dessert.

Orange Surprise I.

Cut oranges in halves crosswise; remove juice and pulp, leaving the skin in good condition for serving jelly. For 1 pint juice, soften ½ package of gelatine in ½ cup cold water and dissolve with ½ cup of boiling water. Add 1 cup sugar and juice ½ lemon, stir until dissolved, strain and add the orange juice. Carefully remove all the seeds from the orange juice, but do not strain, as small pieces of tender pulp are not objectionable in the jelly. Mold the jelly in teacups, selecting such as are about the size of the orange skins. When ready to serve, remove the jelly from cups and put in the orange skins, and set these in pan of shaved ice. Cover the jelly with meringue and brown delicately in a very hot oven.

—Miss Ruth Wilkins.

Orange Surprise II.

Select nice round oranges, and cut in halves. Remove the inside pulp with a spoon and clean nicely. Throw the shells in cold water. Prepare a stiff orange gelatine jelly mixture and a charlotte russe. Fill 1 of the orange shells with the orange jelly mixture and the other half with charlotte russe. Let get firm. Then tie together with 2 strands of narrow white and orange ribbon. Serve on a plate surrounded with sprays of green or feathery white blossoms.

Orange Marshmallow Cream.

Cut up in small pieces with scissors 1 cup marshmallows. Cover with 1 cup orange juice and pulp. Allow to soak 4 or 5 hours. Whip in 1 pint whipped cream. Serve cold.

Orange Fool.

Add gradually the juice of 3 large oranges to 8 thoroughly beaten eggs. Then whip in ½ pint of rich cream and sugar to taste. Put in a double boiler and allow to thicken, but not boil. Chill and serve with cream.

Orange Charlotte.

Take ⅓ box of gelatine and soak in ⅓ cup of cold water. When soft, add ⅓ cup of boiling water, 1 cup of sugar and juice of 1 lemon. Strain. Add to this 1 cup of orange juice and fold in the well beaten whites of 5 eggs. Line a mold with sliced oranges and fill mold with the above mixture. Set aside to harden. Can be served with whipped cream or custard.

Orange Float.

One quart water; 1 cup sugar; pulp and juice of 2 lemons. Let it come to a boil, thicken with 4 tablespoons cornstarch. Boil 10 or 12 minutes, stirring constantly. When cold, pour over oranges. Spread over the whites of 2 eggs, beaten and sweetened.

Buttercup Jelly.

Soak ½ box gelatine in ½ cup cold water. Mix the beaten yolks of 3 eggs with 1 pint boiling water. Pour over gelatine; when dissolved, add 1 cup sugar, 1 cup orange juice and juice of 1 lemon. Strain and mold.

—Mrs. T. V. Engstrom.

Orange Jelly en Surprise.

One-half box gelatine soaked in ½ cup cold water; 1 cup sugar; 2 cups boiling water. Strain through a cloth; add the juice of 1 lemon and 1 cup orange juice. Line a border mold with orange or tangerine quarters, fill with orange fruit jelly, putting ice in center of mold to chill quickly. When set and cold, remove from mold and fill center with whipped cream sweetened and flavored with orange syrup.

—Lena Keith Marsh.

Orange Blanc Mange.

Scald 1 pint milk in a double boiler. Beat the yolks of 4 eggs with ⅓ cup sugar and a pinch of salt. Add to milk carefully, cook till thick and flavor with 1 teaspoon vanilla and chill. Cut 3 oranges in small pieces, cover with sugar and stand on ice ½ hour. When ready to serve, pour the blanc mange over the oranges and beat together. Beat the whites very stiff with 3 tablespoons powdered sugar. Heap on a plate and brown quickly and delicately in the oven. Then carefully slip them off on top of the pudding.

—Mrs. Mabelle Crawford Welpton, Omaha, Nebr.

Honey Comb Pudding.

Soak a scant ½ package gelatine in ½ pint cold water. Mix 1 cup sugar with the juice of 2 oranges and the grated rind of 1 orange. Stir the soaked gelatine into 1 cup boiling water, add sugar and orange and stir over the fire just long enough to dissolve the gelatine. Strain and stir in gradually the beaten yolks of 3 eggs. Return to fire in double boiler and stir steadily till mixture coats the spoon, then remove and set aside to cool. Then beat into custard 1 pint whipped cream. Pour into a mold which has been dipped in cold water. Chill, and serve with whipped cream.

—Mrs. S. S. Brumbaugh.

Hamburg Sponge with Whipped Cream.

Heat the juice of 2 lemons and ½ cup sugar. Beat together the yolks of 8 eggs and ½ cup sugar and add to above mixture. Cook in double boiler till thick. Then add ½ package gelatine softened in cold water. Reheat. Remove from the fire and fold in stiffly beaten whites of 8 eggs. Pour in border mold and set on ice. When set, fill center with whipped cream and garnish with cherries.

Lemon Whip.

Beat the yolks of 4 eggs for a long time with 4 tablespoons sugar. Add 2 tablespoons boiling water; juice and rind of 1 lemon; a pinch of salt. Cook together in a double boiler, stirring constantly until like thick cream. Beat the whites of the 4 eggs with 2 tablespoons sugar till very stiff, then stir into the cooked mixture. Beat till it is like a yellow puffy ball. Chill and serve in champagne glasses. —Mrs. Elliott Bartlett.

Lemon Sponge.

Cover ½ box gelatine with ½ cup cold water and let soak till soft. Then add 1 pint boiling water and stir till dissolved. Then add 2 cups sugar and juice of 3 lemons. Strain into tin basin. Set this in a pan of ice water and let stand till cold, stirring occasionally. When cold, beat till thick and light. Then add the stiffly beaten whites of 3 eggs and beat again. Pour in a mold to harden. Serve with a cold custard sauce poured around it.

Banana Cream.

Soak ½ box of gelatine in ½ cup of cold water for ½ an hour. Then add ½ cup of hot water, and stir over hot water until thoroughly dissolved. Pare and mash sufficient ripe bananas to make

2 cups; add ¼ cup sugar and the dissolved gelatine. Stir until cold and thick, then fold in 1 pint of cream, whipped stiff. Ornament the bottom of a wet mold with candied or preserved fruits. When the cream is thick, but not stiff, pour it carefully into the mold, and set aside to harden.

—Miss Ruth Wilkins.

Banana Cream and Rhubarb Jelly Mold.

An attractive combination is made by filling a ring mold with the banana cream per above recipe and filling the center with a rhubarb gelatine jelly and serving with whipped cream.

—Miss Annie Walton.

Banana Cream II.

Mash 5 ripe bananas with 5 tablespoons sugar. Have ready ½ pint cream whipped to a stiff froth; add mashed fruit, 1 tablespoon brandy and juice of 1 lemon. Mix well, and add ½ ounce of gelatine, dissolved. Beat gently. Cool on ice.

Banana Cream Cake.

Bake a sponge cake in 2 layers. Slice nice ripe bananas lengthwise in halves. Have ready some stiffly whipped cream. Place bananas, dusted with fine sugar and cream, over them between the 2 layers. Make a stiff meringue; pour over all. Brown quickly and delicately in oven. Serve with red fruit sauce.

Grape Pudding.

One pint canned grape juice; juice of 1 lemon; ½ box gelatine, dissolved in 1 cup cold water; sweeten to taste; add a pinch of salt. Stir in some sliced green grapes, and ½ cup sliced almonds. Put in molds and let harden on ice. When solid, turn on platter and fill center with whipped cream. Garnish with bunches of grapes.

—Caroline Keith Day.

Red Pudding.

One glass currant jelly; ½ pint red raspberry jam. Add 1 pint water and 2 or 3 pieces cinnamon. Boil till the jelly melts, then strain. Add ½ cup each of finely sliced almonds and citrons. Boil 20 minutes, then thicken with cornstarch and cook till starch is done. Serve cold with whipped cream.

—Mrs. C. R. Smith, Victor, Montana.

Rhubarb Jelly with Whipped Cream.

Wash and cut in ¾ inch pieces 1 pound of fresh rhubarb. Put into a baking dish with 1 cup granulated sugar, 1 cup water, 1½ inch piece Canton ginger, 3 shavings lemon peel, ¾ inch long. Cover, bake in oven until tender. Remove from oven; cool, and pick out lemon peel and ginger. To this add 2 level teaspoons granulated gelatine and the package of coloring found in each box, previously soaked in ½ cup cold water and dissolved over hot water. Lastly add 1 tablespoon lemon juice. Turn the mixture into fancy ring mold which has been chilled, and wet with cold water. Place on ice. When thoroughly chilled, turn on fancy platter, heap whipped cream in center and drop large spoonfuls around mold of jelly. Garnish each with a Maraschino cherry.

Chocolate Broman-Gelon with Rice.

Cook 1 teacup full of rice in steam cooker, sweeten and season well and add small piece of butter. Pour in mold or dish and let cool. Dissolve 1 package of chocolate broman-gelon in 1 pint boiling water according to directions on chocolate broman-gelon package. Pour over rice when it begins to thicken. When congealed, serve with whipped or plain cream. The rice receives a very delicious flavor from the chocolate.

Neapolitan Cream.

Dissolve 1 package of cherry, lemon and chocolate broman-gelon each in 1 pint boiling water and separate pans. Have a loaf-pan from 3 to 4 inches deep and about 8 or 9 inches in length. First take your cherry broman-gelon and set on ice until it begins to congeal, beat it with an egg beater until very light and stiff. Pour in pan and place on ice. Then beat the chocolate in the same manner, pour over the beaten and congealed cherry, then pour the beaten lemon as above over the chocolate and set on ice to congeal. Cut in slices and serve with macaroons and lady fingers.

Cherry Hill Frutti.

Dissolve 1 package of cherry broman-gelon in 1 pint boiling water. When cooled to consistency of thick syrup whip with egg beater until it appears like whipped cream, add cup of nut-meats, figs and candied cherries, cut fine. Stir all together. Set on ice to congeal. Serve with cream and lady fingers.

Fruit Salad.

Dissolve 1 package of orange broman-gelon in 1 pint boiling water. Let cool to a thin syrup. Cut oranges shape of tiny baskets. Scrape out pulp of orange and use in the salad, also half cup nuts and figs, candied cherries and bananas and pineapple if desired, all cut fine. Stir all into the broman-gelon which has been partly congealed and place in orange baskets. Serve with whipped cream.

Mint Jelly.

Dissolve 1 package of lemon broman-gelon and juice of 1 or 2 lemons to taste in 1 pint of boiling water. Cool to consistency of syrup. Add the strong tea of 1 cup of fresh mint, pour in individual molds and set on ice to congeal. Serve with roast lamb.

Cranberry Foam.

Whip the whites of 4 eggs till stiff. Add a pinch of salt and a cupful of powdered sugar. Beat more until very stiff. Then add a little at a time, ⅔ of a cup of cranberry jelly. Beat till thoroughly mixed and very light. Chill, and serve in sherbet glasses with a teaspoon of whipped cream on top of each glass.

Russian Fruit Jelly.

One-half box gelatine soaked in ½ cup cold water. Make a syrup of 1 cup sugar and 2 cups boiling water. Add 1 cup grape juice and juice of 1 lemon. Stir in gelatine and strain. When cool, add beaten whites of 3 eggs and beat till stiff. Pour into molds. Serve with whipped cream and nuts or custard sauce.

Gelatine Fruit Pudding.

One-third cup Cox's gelatine; 1 cup boiling water; 1½ cups sugar; juice of 1 lemon; whites of 4 eggs, beaten stiff. Put the gelatine in a cup and fill with cold water and soak. Add boiling water and sugar and lemon juice. Strain and cool. Then beat in whites of eggs. Pour over fruit. Peaches, pears, bananas and California grapes are best.

—Mrs. T. V. Engstrom.

Fruit Soufflé.

Three-fourths cup peach, apricot or quince; a little salt; whites of 3 eggs; sugar. Rub the fruit through a sieve. If canned fruit

is used, first drain from syrup. Heat and sweeten, if needed. Beat whites of eggs till stiff, add gradually fruit pulp and continue beating. Turn into buttered and sugared individual molds. Have it ¾ full. Set molds in a pan of hot water and bake in a slow oven till firm. Serve with whipped cream.

—Miss Eloise Wood, Omaha,. Neb.

Fruit Cones.

Press peaches, plums and pears through a sieve. To every pint of pulp add ½ pint each of sugar and water. Bring to boiling point. Then add 2 tablespoons cornstarch dissolved in cold water. When thick, fold in 6 egg whites, beaten stiff. Divide this mixture and color half with pink. Mold in layers in cups. When cold and hard, turn out on round slices of sponge cake. Sprinkle with nut meats and garnish with spoonful of whipped cream.

Tropical Snow.

One-half dozen sweet oranges; ½ dozen bananas; 1 cocoanut (grated); ¼ cup lemon juice or (1 glass wine); powdered sugar to taste. Cut bananas in small pieces, divide oranges in sections and remove seeds. Arrange in layers, oranges sprinkled with sugar, then bananas sprinkled with sugar, then cocoanut sprinkled with sugar. Add a few drops of lemon juice. Shape like pyramid; pour over this sweetened whipped cream.

—Miss Elsinore Ketcham.

Fruit Pudding.

One quart cherries or other fruit. Add a little water if very rich and sugar to taste. Shave nut meats very fine and add to fruit. Add enough cornstarch to set, and cook till cornstarch is done. Serve cold in sherbet glasses with whipped cream sprinkled with nuts.

—Mrs. C. R. Smith, Victor, Montana.

Ivory Jelly with Cherries.

Soak ½ box of gelatine in ½ cup of milk. Scald 2 cups of milk and 1 cup of cream with the yellow rind of ½ lemon; then add ¾ cup of sugar and the softened gelatine. Strain. Decorate a mold with whole cherries or any other small fruit, dipped in a little of the dissolved gelatine to make it keep in place. When the gelatine is cool, but not thick, turn it into the mold and set away to stiffen.

—Miss Ruth Wilkins.

Grape-Fruit Jelly en Surprise.

One box gelatine soaked in ½ cup cold water; 1 cup sugar; 2 cups boiling water. Strain through a cloth. Add 1 cup grape-fruit juice and the juice of 1 lemon and the beaten whites of 3 eggs. Add ½ cup pistachio nuts or pignolia nuts and blanched almonds, sliced lengthwise. Make a boiled custard of 2 cups hot milk with the yolks of 3 eggs, slightly beaten; ¼ cup sugar; ½ teaspoon butter and a dash of salt. Beat in the beaten whites of 3 eggs and 1 tablespoon dissolved gelatine. Cook in double boiler, beating constantly. Add ½ cup each candied fruit (chopped), and macaroons, 1 teaspoon vanilla. Put a bowl in the center of a mold, fill the space between with the jelly; when cold and firm, remove the bowl by filling with hot water for an instant. When jelly is set, fill space with custard which must be cold, but not set. Place on ice for 2 hours.

—Mrs. Lena Keith Marsh.

Prune Whip.

Beat the whites of 10 eggs stiff. Add to this 1 cup of sugar into which has been stirred ½ teaspoon cream of tartar. Beat this till it is like a stiff meringue. Have ready 1 cup of prunes which have been cooked and chopped fine. Fold these carefully into the eggs. Put in an enameled pudding dish, set this in a pan of hot water and bake about 20 minutes in a slow oven. This will serve about 10 people. When put together this way I have never known this pudding to fall.

—Mrs. O. R. Brouse.

Yellow Prune.

Soak 1 pound yellow prunes over night, then cook in a little sugar until soft. Put through a colander and add 1 egg, not beaten, and ½ cup granulated sugar. Beat for ½ hour. Put in mold and serve with whipped cream.

—Mrs. E. St. John.

Puzzle Pudding.

One cup prunes, chopped fine; 1 cup English walnuts, chopped fine; 1½ cups sugar; whites of 6 eggs. Bake 40 minutes and serve with whipped cream.

—Mrs. W. D. Williams, Omaha, Nebr.

Prune Jelly.

Soak 1 pound prunes in 1 quart water for 3 hours. Strain off water and add to it 1 pound sugar. Let it come to a boil. Remove pits from prunes and cut prunes into small pieces. Add to water and sugar and boil 15 minutes. Stir in ½ box gelatine which has been soaked in cold water. Add the juice of 1 lemon and ½ cup sliced blanched almonds. Mold and chill. Serve with whipped cream.

Prune Toasts.

Wash the prunes carefully, then cover with cold water and soak several hours or over night. Set over the fire in the water in which they have been soaking, and simmer until very tender, and the liquid is reduced to a thick syrup. Remove the seeds, press the pulp through a sieve, and mix to a paste with the syrup. Spread this thick on slices of whole wheat bread, toasted, and serve with cream or boiled custard.

Date Pudding.

One-half pound English walnuts; ¾ pound dates; 1 cup sugar; 3 teaspoons baking powder; 5 eggs (whites). Mix sugar and baking powder, then add dates and nuts, chopped. Lastly add the stiffly beaten whites of the eggs and bake in a moderate oven about ½ hour. Serve cold with cream.

—Miss Lila L. Haskell, New York.

Date Mold.

Mash 1 pound dates and soak in 4 cups cold water for 2 hours. Drain off this water and put in a sauce pan with 1½ cups sugar. Stir until sugar is dissolved. Stone the dates and add to the syrup. Cook until tender. Just before removing from fire, stir in ½ box gelatine which has soaked ½ hour in ½ cup cold water. Add the juice of 1 lemon. Stir over fire until gelatine is dissolved. Turn into wet molds and set in cool place to harden. Serve with whipped cream and chopped walnuts.

Compote of Figs.

Put 1 pound of pulled figs in a bowl and cover them with water. Let soak for several hours, or until they are softened and expanded. Then press each one into natural shape and pile on a dish. Take

the water in which they were soaked, add enough sugar to sweeten and a thick slice of lemon. Boil to a good syrup and then pour over the figs. Let them cool. Serve with whipped cream, flavored with kirsch.

—Mrs. E. St. John.

Fig Blanc Mange.

Heat 1 quart milk in a double boiler. Add ½ cup sugar and a pinch of salt. Thicken with 3 tablespoons cornstarch dissolved in ½ cup water. When thick, stir in 1 cup figs chopped to a pulp. Add 1 cup chopped nuts and flavoring. Serve cold with custard sauce or whipped cream.

Fig Cups.

One-half pound washed figs, nuts (English or almonds); ½ cup orange juice; 4 tablespoons sugar; 1 tablespoon lemon juice; 1 slice lemon. Stuff figs with nuts. Put sugar, lemon juice and ½ cup water in stew pan, when boiling, add figs, cover and cook until figs are tender, remove cover, add orange juice and let cook until syrup is thick.

—Miss Ruth Wilkins.

"My sense with their deliciousness was spelled."

Charlotte Russe.

One dozen lady fingers; 1 pint whipped cream; 1 heaping cup pulverized sugar (sifted); ½ box gelatine; ½ cup milk; 2 tablespoons vanilla. Cover gelatine with cold water and soak ½ hour; when soft, dissolve it in the milk which must be scalding hot. Beat the cream stiff and add the sugar very gently. Strain the dissolved gelatine and milk into the whipped cream and sugar after the milk has become about cold to prevent separation. Add vanilla. Line mold with lady fingers and pour mixture into it, Let stand for several hours till it sets and then turn out on a platter or flat dish and frost over with whipped cream. It is made very attractive by dotting it with candied cherries, cut in quarters. It is a good plan to let the mixture get a little stiff before pouring into mold to prevent lady fingers from floating around in it.

—Mrs. Chandler Starr.

Parisian Charlotte Russe.

Soak ¼ cup gelatine in ¼ cup cold water. Scald 1 cupful rich milk, or better still 1 cupful of thin cream in a double boiler and pour it over 4 eggs beaten well with ½ cup sugar. Stir over

a fire until it thickens, add the gelatine and stir until it has dissolved. Set aside until chilled. When it begins to thicken, add ¼ pound each of stale macaroons and lady fingers, cut or broken into small pieces; 1 teaspoon vanilla; 2 tablespoons Sherry, if liked; ½ cup grated cocoanut and 1 cup thick cream which has been whipped to a froth. Fold and mix lightly, turn into a wetted mold and set aside in ice box where it will stiffen. Turn out carefully, garnish with 1 pint of cream, whipped stiff, and half a dozen candied cherries, sliced. This will serve 10.

—Mrs Stanton Hyer.

Rice Imperatrice.

One-half cup of rice; 1½ pints of milk; ½ vanilla bean; ½ lemon (juice); 4 tablespoons of sugar; ¼ box gelatine; 1 quart of whipping cream. Boil the rice in a double boiler till it is cooked soft; boil the vanilla bean with it. When the rice is thoroughly cooked, remove the bean and spread rice on a platter to cool, having added the sugar before removing from boiler. When cool, stir in the gelatine which has been soaked in a little cold water and then heated to dissolve it; add the cream, whipped, and lemon juice. Put into a mold and set on ice to harden. After it is set, turn out and serve with French preserved strawberries put around it. A very beautiful and delicious dessert.

—Mrs. Chandler Starr.

Glorified Rice.

Soak ½ box gelatine in ½ cup cold water. Dissolve over hot water and cool. Whip 1 pint of cream, fold in 1 cup cold cooked rice, ½ cup powdered sugar, 1 teaspoon vanilla, ¾ cup chopped candied cherries and candied pineapple. Add the dissolved gelatine and pour into a mold. The candied fruit may be omitted and instead serve with melted quince jelly.

—Mary Walton.

Jerusalem Pudding.

Cover ½ box gelatine with ½ cup water and soak 1 hour. Beat 1 pint cream till stiff. Boil rapidly 20 minutes 2 tablespoons of rice, drain and dry on towel. Chop fine 1 pint figs and dates. Turn cream into pan and sprinkle over it ½ cup powdered sugar, then rice, then figs and dates and 1 teaspoon vanilla. To this add the dissolved gelatine. Stir till slightly thickened and mixed. Put in mold and serve plain or with cream.

—Mrs. C. E. Edwards, Stevens Point, Wis.

Rice Mold.

One cup rice boiled in 1 cup water with ½ tablespoon salt for 20 minutes. Drain and add 2 cups milk. Simmer in double boiler until milk is absorbed. Place in mold and chill. When cold, turn out in dish. Spread over with 1 cup maple sugar, and serve with 2 cups of whipped cream poured around mold.

—Lena Keith Marsh, North Richmond, Wis.

Rice Charlotte.

Add to 2 cups of hot boiled rice ¼ box gelatine soaked in a little cold water, and dissolved over the teakettle. Add ⅓ cup sugar, 1 teaspoon vanilla. When cool, stir in ½ pint whipped cream. Let stand till cool and set.

Kiss Torte with Strawberries.

Two cups granulated sugar; whites of 6 eggs; 2 tablespoons vinegar; 1 teaspoon flavoring (vanilla or almond). Beat whites very stiff, add gradually the sugar, beating all the time; then the vinegar little by little, and flavor. Beat until stiff enough to stand. Bake slowly from about 45 minutes to 1 hour. Serve with slightly mashed strawberries and whipped cream.

—Mrs. G. C. Fried.

This is also very nice to serve with the center hollowed out and filled with ice cream. It may also be baked in individual molds in muffin pans.

Krummer Torte.

Yolks of 6 eggs, beaten well; ½ pound sugar, granulated; whites of 6 eggs, beaten stiff; ½ pound dates, stoned and diced; ½ pound walnuts, diced; 3 heaping tablespoons grated bread crumbs in which put 1 teaspoon baking powder. Bake in slow oven for 20 minutes in well greased dripping pans. Be sure to follow this recipe in above order. Cut in squares and serve with whipped cream for dessert, or cut in smaller squares to serve with afternoon tea.

—Mrs. C. E. Sovereign.

Nut Pudding.

Beat separately the yolks and whites of 6 eggs. Add 1½ cups sugar to yolks. To the stiffly beaten whites add 3 cups finely chopped nuts. Mix together lightly with 1 teaspoon baking powder mixed with 1 tablespoon of flour. Bake quickly in flat cake tins. Put together with whipped cream.

—Miss Winifred Ohr, St. Paul, Minn.

Marron, (Imported Chestnut) Gelatine Pudding.

One-fourth box Knox's gelatine; ¼ cup cold water; 2 cups scalded milk; ⅓ cup sugar; one-eighth teaspoon salt; ⅔ cup pounded marrons; 1 teaspoon vanilla; 3 eggs. Soak gelatine in water. Make a custard of the milk, yolks of the 3 eggs, sugar, salt, in a double boiler, add the gelatine. Strain in a pan. Set pan in ice water, add marrons and flavoring, stirring till it begins to thicken. Then fold in the stiffly beaten whites of the eggs. Pour in ring mold and when cold, turn out and fill center with whipped cream. Garnish with marrons, cut in halves.

Marrons may be secured at the grocer's put up in bottles in Vanilla syrup. 1 bottle will make and garnish 1 recipe.

—Mrs. Chas. Brantingham.

Nesselrode Pudding.

One pint of milk, ½ cup sugar boiled together. Stir in carefully the beaten yolks of 5 eggs. Add 2 teaspoons vanilla, ½ pound crushed macaroons, ⅔ cup chopped and seeded raisins, same of chopped almonds. Add ½ box Cox's gelatine soaked in ½ pint of water. Lastly, add beaten whites of eggs and bake in pan of hot water. Serve with whipped cream.

Velvet Cream.

One quart cream, whipped stiff; 1 box raspberry jello; 1 cup hot water; 1½ cups sugar. Cook all together, except the cream. When cool, pour into the cream. Add ½ cup nuts or pineapple. Mold and serve cold with whipped cream.

Chestnut Cream.

Make a charlotte russe of 1 pint rich cream; 1 teaspoon vanilla; 1 cup powdered sugar; whites of 2 eggs; ¼ box gelatine. Whip cream to a froth, add the well beaten whites to which the sugar has been added. Stir in the gelatine which has been soaked in a very little cold milk, then dissolved in a little warm milk. Then add ⅓ pound large Italian chestnuts, which have been boiled and peeled and chopped.

A Delicious Dessert.

One loaf angel cake; 1 pint whipping cream; ¼ pound of chopped nuts. Beat the cream stiff and add pulverized sugar to sweeten, add the nuts. Split the cake in two crosswise and spread

half the mixture between and the other half on top of the cake. Let it stand in a cool place for 8 hours.

—Mrs. Chas. Brantingham.

Whipped Cream Dessert.

One pint sweet cream; ½ cup sugar; ½ cup nut meats; 1 dozen marshmallows; 3 marrons; 2 tablespoons gelatine soaked in 1 cup warm water. Whip cream; then add sugar; then marshmallows, better if melted in oven; then nuts and marrons, chopped fine, and last whip in gelatine and turn into mold. Serve with whipped cream or melba sauce. The latter is a raspberry purée.

—Mrs. George D. Roper.

Macaroon Pudding.

One pint whipped cream; ½ pound macaroons, dried in oven and rolled. Put in glasses lined with lady fingers.

—Mrs. Elliott West.

Macaroon Cream.

One-half box Knox's gelatine soaked 5 minutes in 1 cup cold water. Make a custard of 1 pint milk, beaten yolks of 5 eggs, 1 cup sugar, pinch of salt. Add to this your gelatine. Remove from the fire and pour onto the whites of 5 eggs, beaten stiff. Flavor to taste and pour into a mold lined with macaroons.

—Miss Mary Walton.

Marshmallow Cream.

One pound marshmallows, cut in quarters with scissors; ¼ pound English walnuts, cut up; ¼ pound candied cherries, cut up; 1 pint whipping cream, beaten stiff. Stir all together and let stand several hours on ice or packed in ice.

—Mrs. C. D. Burr.

Velvet Cream Mold.

Soak 2 tablespoons Knox's gelatine in ½ cup cold water. When soft, add 1 small cup hot milk and ½ cup powdered sugar and 1 teaspoon vanilla. Strain and allow to cool. Then stir in 1 pint cream, whipped till stiff. Pour in pretty border mold. Set on ice to harden. Turn out on dish and heap whipped cream in center.

—Mrs. John D. Waterman.

Nut Cream.

One-fourth box gelatine (4 tablespoons); ½ cup cold water; 4 tablespoons boiling water; 1½ pints cream; 4 tablespoons blanched almonds; ¾ cup powdered sugar; 1 teaspoon vanilla. Cover gelatine with cold water, whip cream and skim into bowl. Add sugar, vanilla and almonds to cream. Pour boiling water over gelatine; cook in water till thoroughly dissolved. Strain into cream and beat until well mixed and mixture is slightly thickened. Put in cups, serve with whipped cream if desired, chopped almonds, cherries or cocoanut can be sprinkled over molds. This will serve 16 persons. —Mrs. Fletcher Coan.

Rum Bavarian Cream.

Three tablespoons gelatine; 1 pint warm milk; 1 pint thick cream; 1 cup sugar; 1 teaspoon vanilla. Soak gelatine in cold water, heat milk and pour over. Add sugar and let it stand till it stiffens a little. Whip cream, add to mixture and whip again. Add vanilla and beat. Set away to stiffen and serve cold with whipped cream sweetened and flavored with rum.

—Mrs. E. St. John.

Spanish Cream.

Soak ½ box Knox's gelatine in enough water to cover for 1 hour. Put a scant 1½ pint milk in double boiler. When at boiling point add gelatine, stir till dissolved. Beat 3 egg yolks with 1 cup sugar and stir in gelatine. Cook till it begins to thicken around the edge. Beat stiffly the 3 whites of eggs and pour gelatine mixture over them. Pour in mold and stand over night. Serve with whipped cream.

—Mrs. H. B. Utter.

Angel Pudding.

Whites and yolks of 5 eggs, beaten separately. Beat 1 cup sugar with the yolks. Add 1 tablespoon Knox's gelatine, softened and dissolved in 2 tablespoons hot water. Then turn in the whites and flavor. Set to cool. Serve, covered with whipped cream and dot with jelly.

—Mrs. G. N. Thompson.

Angel Baskets.

Remove the centers from individual angel food cakes till only a thin shell is left. Put 1 spoonful preserved pineapple in bottom of shell. Fill with ice cream and garnish with nuts and candied cherries. Make handles of angelica.

Sponge Cake Pie.

Cover 1 round sponge cake with an abundance of whipped cream. Then sprinkle with chopped nuts. Then place a layer of kisses around the top of the cake, ornament each kiss with a candied cherry. Cut in pie-shape pieces with a kiss on each piece.

—Lena Keith Marsh.

Surprise Pie.

Bake a 2-inch layer sponge cake. Remove the inside and fill with sweetened peaches and stiffly whipped cream. Cover all this with a meringue. Set cake on several thicknesses of paper on a wooden dish and brown delicately in a hot oven.

Snow Pudding.

One-half box gelatine; whites of 3 eggs; 2 cups sugar; 1 pint hot water; juice of 1 lemon. Dissolve gelatine in water, then add the lemon juice and sugar. Mix well, and strain through a cloth into a large mixing bowl. When cool enough to begin to thicken, stir in whites of eggs, well beaten. Then beat whole mixture until thick and snow white. It will take ½ hour.

Custard: 1 pint of milk; yolks of 3 eggs; a pinch of salt; 4 tablespoons sugar; a little grated lemon rind.

—Mrs. Elliott West.

Meringue Cases.

One pound sugar; whites of 6 eggs; a few drops lemon juice. Put half the whites in a bowl without beating and all the sugar. Beat together with a wooden spoon for 15 minutes until it is as stiff as dough. Add the remaining 3 whites one at a time, beat a few minutes between each one. But before the last one is added, put in the flavoring. The whole time of beating is 25 minutes. To insure success, have all ingredients cold to begin with and keep cold while beating. Line a pan with strips of writing paper, put a spoonful of meringue on the paper in egg shape, not too close together, and bake in a slow oven 30 minutes. When partly cool, with the back of a spoon crush in the bottom of meringue cases. Fill with whipped cream or ice cream. This will make 20 cases.

Burnt Almond Omelet.

Cook 1½ cups sugar to caramel; add ¾ cup boiling water, and simmer to a syrup. Beat the whites of 5 eggs dry, and the

yolks thick. To the yolks add a few grains of salt and 5 tablespoons of caramel syrup. When mixed, cut and fold into the whites. Melt 2 tablespoons of butter in an omelet pan. Sprinkle the bottom of the pan with 2 tablespoons of chopped almonds, and turn in the egg. Sprinkle with chopped almonds; when well puffed and slightly browned, remove to the oven to become set. When the egg will not stick when touched lightly, fold and turn on a hot platter, pour the hot syrup over it, and serve at once.

—Miss Ruth Wilkins.

Graham Fruit Pudding.

One-half cup chopped walnut meats; ½ cup chopped figs; ½ cup sugar; 2 cups water; pinch of salt. Mix, and let it boil up. Add to this ½ cup graham flour. Let it cook about 10 minutes, then put in the molds. When cold, serve with following sauce:

Sauce: 1 egg, beaten light; beat into egg 1 cup powdered sugar, add 1 teaspoon vanilla. Just before serving, beat in 1 cup whipped cream.

—Mrs. L. W. Miller, Beloit, Wisconsin.

Chocolate Pudding with Marshmallows.

One quart of milk; 3 round tablespoons cornstarch; 1 cup sugar; ¾ cup cocoa. Heat milk and pour on cocoa. When cool, add ½ pound marshmallows, cut with scissors. Serve with whipped cream.

—Mrs. Elliott West.

Chocolate Soufflé.

Beat together the yolks of 6 eggs and 1 cup sugar and 1 teaspoon baking powder. Add 1 cup chocolate and 1 teaspoon vanilla. Then fold in the whites of 6 eggs, stiffly beaten, with a pinch of salt. Put in a greased pudding dish, set dish in a pan of hot water and bake about 20 minutes in a moderate oven. Serve with whipped cream.

Chocolate Cream Pudding.

Cover ½ box gelatine with ½ cup cold water and let stand ½ hour. Put 1 pint milk in double boiler over fire, add 2 squares of chocolate, a pinch of salt. When boiling, add gelatine and stir till smooth. Take from fire and add ½ cup sugar and 1 teaspoon vanilla flavoring. Then turn into a tin basin, set in pan of ice water and beat until it begins to thicken. Then stir in 1 pint whipped cream. Pour into a mold to harden. Serve with whipped cream.

Chocolate Blanc Mange.

Put 1 pint milk over fire in a double boiler; add 2 squares chocolate, cut fine; a pinch of salt. When hot, add ½ cup sugar and 2 tablespoons of cornstarch dissolved in a little cold milk. Stir constantly till smooth and thick. Cook about 5 minutes. Add 1 teaspoon vanilla flavoring. Mold as desired and serve cold with cream, either plain or whipped.

Chocolate Surprise.

Use angel food individual cakes. Remove centers and fill with a chocolate custard to which has been added sliced blanched almonds. Pour over all stiffly whipped cream. Put a Maraschino cherry on the top and a row of chocolate almonds around the edge of each cake.

Blanc Mange.

One quart milk heated in double boiler. Sweeten to taste and add 4 tablespoons cornstarch made smooth in milk. Cook till starch is done, then flavor and beat in 1 cup whipped cream or as much as desired. Serve cold with caramel sauce.

—Mrs. C. R. Smith, Victor, Montana.

Cornstarch Pudding.

Dissolve 4 tablespoons cornstarch in a little water. Cook in a quart of water and add ½ cup sugar, a little salt. Beat the whites of 4 eggs to a stiff froth and add to cooked mixture. Beat with an egg beater till light. Flavor and put in mold while hot. Serve with following dressing:

Sauce: One pint milk. Cook in double boiler. Beat together the yolks of 4 eggs, ¾ cup sugar and 2 teaspoons cornstarch. Pour this into the milk. Cook and flavor. When cold, pour over pudding and serve.

Boiled Custard.

Put 1 pint milk to boil in double boiler. Moisten 2 tablespoons of cornstarch with cold milk and add to hot milk. Stir and boil 5 minutes. Beat 2 eggs with a pinch of salt and ⅓ cup sugar light and add. Cook a minute or two longer. Take from fire, flavor. Serve cold with whipped cream.

Gainsboro Pudding.

Boil 1 quart milk and 1 pint bread crumbs together with 1 cup sugar until smooth. Flavor with lemon extract. When cool,

add yolks of 2 eggs, well beaten, and 1 ounce of butter. Place in a pudding dish and bake slowly for ½ hour as you would a custard. Let it cool a little and then squeeze over it the juice of 1 lemon and spread with jam. Make a meringue with the whites of the eggs and 2 tablespoons sugar, flavor with lemon and spread over the pudding; brown in the oven. Serve icy cold.

—Miss Annie Walton.

Caramel Custard.

Stir ¼ cup sugar in a stew pan over the fire till liquid and brown. Scald 1½ cups milk in double boiler and add browned sugar. Beat 2 eggs, add to ½ cup cold milk, turn slowly into the boiling mixture. Continue to stir until it thickens. Set away to cool. Serve in glasses with whipped cream.

Caramel Pudding.

Two cups brown sugar; 1 cup water. Let this boil till it ropes. Soak ½ box gelatine in 1 cup cold water. When soft, add to sugar and let it slowly come to a boil. Add 1 teaspoon vanilla. Beat the whites of 8 eggs to a stiff froth. Pour the hot sugar syrup slowly over the eggs, beating briskly. Pour into mold and chill. Serve with following sauce:

Custard Sauce: Beat yolks of 4 eggs with 2 tablespoons sugar. Heat 1 pint milk in double boiler, add eggs and sugar and cook till it thickens. Add ½ teaspoon vanilla.

—Mrs. L. A. Weyburn.

Maple Pudding.

Three cups water; 2 cups brown sugar; stir together till boiling. Dissolve 3 tablespoons cornstarch in 1 cup water. Stir into the sugar and water. When thickened, take from the fire and stir 1 cup chopped nuts. Mold and chill. Serve with whipped cream.

Pineapple Tapioca I.

(partly original.)

Boil ½ cup Minute tapioca in 3 cups boiling water until clear; takes about 20 minutes. Add ½ cup sugar, a pinch of salt and remove from fire. Shred 1 small can dessert pineapples; add pineapple, juice and 2 tablespoonfuls of chopped nuts to the hot tapioca. Whip in the stiffly beaten whites of 2 eggs, put in ice box to chill. Serve with whipped cream flavored with orange or vanilla.

—Mrs. Stanton Hyer.

Pineapple Tapioca II.

Boil ½ cup Minute tapioca and ½ cup sugar in 3 cups water till clear. Pour this over 1 pint canned pineapple. When sufficiently cold decorate the top of pudding with currant jelly and serve with sweetened whipped cream.

Tapioca Pudding.

One-half cup pearl tapioca; cook in water in double boiler until clear and transparent. Add small cup of sugar, 2 cups of milk, small pinch of salt. When this comes to a boil, add 1 tablespoon cornstarch and yolks of 2 eggs. Remove from fire and cool. Add beaten whites of eggs and flavor with vanilla. Serve with any desired fruit and cream.

—Lurena Lander.

Date Tapioca.

Soak well 2 large tablespoons tapioca. Then cook 15 minutes in a double boiler with 1 quart milk and 1 cup sugar. Then add the beaten yolks of 3 eggs and cook 3 minutes more. Remove from fire and stir in 1 cup of chopped dates. Put in a baking dish and cover with the beaten whites of the eggs and brown delicately in the oven.

Lemon Tapioca.

Soak 2 large tablespoons of tapioca over night in 1 quart water. In the morning add the juice of 2 large lemons and the grated rind of 1 and a small cup of sugar. Cook till clear and soft. Remove from the fire and add the beaten whites of 2 eggs. Place on ice.

Tapioca Tutti Frutti.

(ORIGINAL.)

Cook ½ cup Minute tapioca in 3½ cups hot water until clear. Add ½ cup sugar and a pinch of salt. Add 2 tablespoons chopped nuts, 2 tablespoonfuls finely shredded citron, 2 tablespoonfuls chopped raisins, a little candied orange peel, a few candied cherries, sliced. While still rather hot, whip in the well beaten whites of 2 eggs, put in ice box to chill. Serve with whipped cream flavored with vanilla. ½ pint cream is sufficient.

—Mrs. Stanton Hyer.

Banana Tapioca.

Soak 1 cup of tapioca over night. Cook in double boiler in the morning in 1 quart of water till transparent. Add 1 cup sugar and 3 or 4 sliced bananas. Eat cold with sugar and cream.

Chocolate Tapioca Blanc Mange.

Soak 2 tablespoons tapioca in cold water, then boil till clear. Add 2 cups milk and 2 squares grated chocolate or as much as desired. Mix in ½ cup sugar a scant tablespoon cornstarch, add the yolks of the eggs, salt and flavoring, and dissolve all in a little milk. Add mixture to hot milk and let all come to a boil. Remove from fire and add beaten whites of eggs. Serve hot with cream.

—Mrs. G. N. Thompson.

Tapioca Cream.

Cook in a double boiler for 15 minutes 1 quart hot milk, 2 heaping tablespoons Minute tapioca and a little salt. stirring frequently. Beat together the yolks of 2 eggs and ½ cup sugar, and at the end of 15 minutes stir into the milk and tapioca. Let all this cook till it begins to thicken like custard. Remove from fire, pour into a dish and whip in the beaten whites of the eggs until no white is to be seen. Add any flavoring desired. It is delicious poured, when cold, over any fresh fruit, as strawberries, raspberries, peaches or oranges.

Apple Tapioca.

Soak 2 tablespoonfuls of tapioca in 2 teacupfuls of hot water. Add 1 cup of sugar; ¼ nutmeg, grated; and salt to taste. Peel and quarter 6 apples, place in a buttered pan with 2 cups of sugar and enough water to well cover the bottom of the pan. If the apples are not very juicy use more water. When about half baked cover with the tapioca mixture and cook until thoroughly done. To be eaten with cream or custard.

—Madam Marcella Senbrich.

Creamed Apple Tapioca.

Cook 2 level tablespoons Minute tapioca in 1½ pints milk 15 minutes. Then add 2 well beaten eggs, ½ cup sugar, a little salt and remove at once from fire. Pare and quarter 6 apples and sprinkle with sugar and nutmeg. Pour over them the tapioca custard and bake until apples are soft.

MINUTE GELATINE (PLAIN) RECIPES.

American Cream.

One pint milk, 1 envelope Minute gelatine (plain), yolks of 2 eggs beaten with 2 tablespoons sugar and a little salt. When the

milk is boiling hot, stir in slowly the gelatine, then add the yolks, sugar and salt, and cook only a moment, stirring constantly. Remove from fire, stir in the whites, beaten with 2 tablespoons sugar, and flavor to taste.

Charlotte Russe.

Dissolve 1 envelope Minute gelatine (plain) in ½ cup hot milk and cool. Beat to a froth 1 cup cream and ½ cup sugar. Add the milk when beginning to thicken and flavor with vanilla, rose or almond extract. Stir until thick. Pour into a mold lined with delicate sponge cake and set on ice till ready to serve.

Minute Chocolate Walnut Jelly.

Dissolve 1 package chocolate Minute gelatine (flavored) in 1 pint hot milk and set to cool. When beginning to congeal beat to a stiff froth, adding ½ cup walnut meats and ½ dozen figs, cut fine. Serve with whipped cream.

Neapolitan Jelly.

Dissolve 1 package pistachio Minute gelatine (flavored) in 1 pint boiling water. When cool, pour into an ice cream brick mold. Prepare a package orange Minute gelatine (flavored) in the same way, and when cool beat to a stiff froth and pour on the pistachio Minute gelatine (flavored). Dissolve 1 package wild cherry Minute gelatine (flavored) in 1 pint hot water and when cool, pour onto the orange Minute gelatine (flavored). Let each layer congeal firmly before adding another. This is nice served with a soft custard.

Wine Jelly I.

One box gelatine; 1 pint cold water; let gelatine soak in the water 1 hour, then add 1 pint boiling water, 1 pound white sugar, the juice and grated rind of 2 lemons, 1 pint Sherry wine; let it all just come to a boil, then strain and turn it into molds.

—Mrs. E. P. Thomas.

Wine Jelly II.

One-half pint of wine; ½ pint boiling water; ½ pint cold water; ½ box of gelatine; juice and grated rinds of 3 lemons; 1 pound of white sugar. Let the gelatine soak in the cold water for an hour, then add the boiling water, sugar, lemons and wine, stirring well all the time. Strain through flannel bag into molds.

Lemon Jelly.

One-half package of gelatine, dissolved in a cup of water. Take the grated rinds and juice of 2 lemons, add 1 coffee cup of sugar, stir in the gelatine and 1 pint of boiling water. Strain through a flannel and pour into molds to harden. —A. J. A.

Coffee Jelly.

One-half box of gelatine soaked ½ hour in ½ cup cold water; 1 quart of strong coffee made as for table and sweetened to taste; add the dissolved gelatine to the hot coffee, stir well and strain into a mold, rinsed with cold water just before using. Set away to harden Just before serving, turn out of mold and pile whipped cream around it. —Mrs. W. S. Miller.

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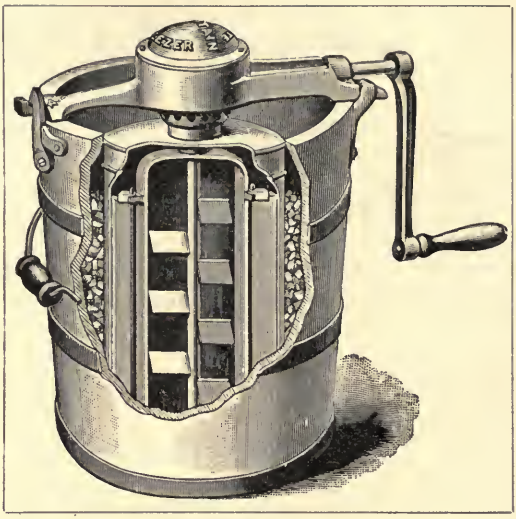

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CHAPTER XVI.

FROZEN DESSERTS OF ALL KINDS.

"They would not bear a bite—no, not a munch—
But melt away like ice."

—HOOD.

A Few Suggestions as to Freezing:

I. Give can and beaters a thorough scalding.

II. Before putting ice in tub, pour the material into the freezer can; see that all parts are adjusted properly, and turn the crank to see that everything is in the right place.

III. Have ice pounded fine and free from lumps. Use 1 part coarse salt to 3 or 4 parts crushed ice. Pack down with piece of wood, adding more ice as it settles.

Maple Parfait.

Cook well beaten yolks of 4 eggs and ⅔ cup maple syrup in double boiler. Let cool. Add 1 pint whipped cream, pour into mold. Cover with wax paper. Place cover on, place in freezer and pack in chopped ice and coarse salt. Freeze 4 hours.

Vanilla Parfait.

One cup sugar; 4 tablespoons water. Boil together 10 minutes. add well beaten yolks of 8 eggs, cook slowly until creamy. At this time take from fire, add teaspoon vanilla, turn in a bowl, whip till light. When cold, add 1 pint whipped cream. Pour into mold, cover, pack in ice and salt and let freeze for 4 hours. This makes 1 quart.

Pineapple Parfait.

One cup pineapple juice; 1½ cups sugar; boil to a thick syrup. Add slowly to well beaten yolks of 4 eggs. Cook in double boiler until thick. Beat until cold. Whip 1 pint of heavy cream, stiff, and mix with syrup and eggs. 2 tablespoons lemon juice. Pack in a mold and freeze 4 hours.

Café Parfait.

One pint rich cream; ½ cup sugar; ½ cup strong coffee extract. Whip cream, mix with coffee and sugar. Pack and freeze 3 hours.

Roman Punch.

Three pounds pulverized sugar; 3 quarts water; juice 8 lemons; ½ pint rum; whites of 8 eggs, beaten. Freeze hard.

Hokey Pokey.

Pack ice cream in an ordinary square mold. When frozen, cut into squares, quickly wrap in tissue paper. Pile all in a clean freezer and pack in ice and salt. These will keep for some time, if kept packed.

Coffee Ice Cream.

One pint heavy cream; 1 pint milk; vanilla extract. Sweeten to taste, adding pinch salt. Coffee extract to color cream a pretty dark tan. Freeze.

Fruit Ice Cream.

One pint fruit without juice; 1 pint heavy cream; 1 pint milk; 1 cup sugar. Mix in order and freeze.

Tutti Fruitti.

One cup sugar; 1 cup flour; 1 quart milk. Cook, stirring constantly, until thick. Strain and mix in 2 quarts cream. Vanilla to taste. 1½ cups sugar, browned. Add to above with chopped fruits and nuts. Freeze.

—Mrs. Robt. G. McCord, New Albany, Indiana.

Glacé.

Yolks 4 eggs; 8 tablespoons confectioner's sugar; beaten together. Add 1 pint whipped cream. Flavor with vanilla. Freeze 4 hours.

—Mrs. Ralph Root.

Vanilla Ice Cream.

Make custard of 1 pint milk, 1 cup sugar, yolks of 4 eggs (or 2 yolks and 1 tablespoon flour). When cooked, add tablespoon vanilla; cool, strain and add 1 pint cream. Freeze.

Hot Chocolate Sauce.

One cup boiling water; ½ cup sugar; 1 teaspoon cornstarch; 1 square chocolate or 4 teaspoons cocoa. Cook 15 minutes and add teaspoon vanilla. Pour when hot over ice cream.

Peach Cream.

Four eggs to 1 quart thin cream, yolks and whites beaten separately; 1 cup sugar added to yolks after beating. Fold in whites, add scalded milk. Put in double boiler, cooking until it coats spoon. Cool and freeze; when half frozen add sweetened mashed peaches.

Italian Cream.

Two lemons, grated; ½ cup sugar added to juice of lemons; 1 pint rich cream; sugar to sweeten. Whip cream briskly; add juice of lemons and strain in 1 ounce of gelatine dissolved in water. Beat until light. Flavor to taste and freeze.

Frozen Strawberries.

One quart strawberries; juice 2 lemons; 1 pound sugar; 1 quart water. Add sugar and lemon juice to berries. Stand aside 1 hour. Mash berries, add water, stir until sugar is dissolved and freeze.

Banana Ice Cream.

Eight bananas, mashed to smooth paste; 1 quart cream; ½ pound sugar. Freeze hard.

Chocolate Ice Cream.

One quart cream; 2 ounces chocolate; ¼ teaspoon cinnamon; 1 teaspoon vanilla; ½ pound sugar. Cook until smooth ½ of cream with sugar and chocolate. Strain, add remainder of cream and extract and freeze.

Caramel Ice Cream.

One pint milk; 1 cup sugar; 2 eggs; ½ cup flour. Beat eggs and sugar and flour together. Stir into boiling milk. Put on a second cup sugar in pan to brown until a liquid. Pour into boiling mixture and cook 20 minutes, stirring often. When cold, add 1 quart cream and freeze.

Ginger Ice Cream.

Six ounces preserved ginger; 2 tablespoons lemon extract, or juice; 1 pint cream; ¼ pound sugar. Pound ginger to a paste, adding lemon juice. Mix sugar and cream, add to ginger, press through fine sieve and freeze.

Maple Ice Cream I.

One cup rich maple syrup; 4 eggs, beaten, without whites; cook until it boils, stirring all the time. Strain, cool; beat 1 pint cream, add beaten whites of eggs, whip syrup until light; mix all and freeze.

Maple Ice Cream II.

Yolks of 2 eggs, beaten; ⅔ cup maple syrup; ½ cup milk. Cook over boiling water, stirring constantly, until thick. Add stiffly beaten whites of eggs and cool. When cold, add 1½ cups cream and freeze.

Maple Cream.

Six yolks of eggs, well beaten; 1 cup maple syrup; little salt; 1 quart cream; sugar to taste. Freeze.

Prune Ice Cream.

One and one-half cups sugar; 3 pints cream; 1½ tablespoons vanilla. Chill, pour into freezer. When half frozen, add 1 cup stewed and chopped prunes.

Rose Punch.

Plain lemon ice. See recipe. When half frozen, add ½ cup red or pink fruit coloring. Finish freezing. Serve with whipped cream with candied rose leaves on top.

—Mrs. E. M. St. John.

Frozen Macaroon Pudding.

One cup sugar; 4 eggs; 1 pint milk; 1 pint cream; 12 macaroons, dried and grated; ¼ cup Sherry. Beat whites and yolks separately. Scald milk; when hot, stir into sugar and eggs. Cook in double boiler till creamy, add cream. Partly freeze and add macaroons and Sherry. Finish freezing.

Frozen Rice Pudding.

One-half cup rice; 1 cup milk; 1 cup sugar; 1 pint cream; 1 pint cold water; yolks of 3 eggs; 2 teaspoons vanilla; little salt. Boil rice in water 30 minutes. Drain. Put in double boiler with milk and cook until soft. Put through sieve and put back in kettle. Beat yolks with sugar. Add rice. Cook till thick. Flavor, cool and add whipped cream. Freeze.

—Mrs. A. H. Allen, Oshkosh, Wis.

Frozen Egg Nogg.

Eight eggs; 1 quart whipping cream; 8 tablespoons brandy; 4 tablespoons rum; 8 tablespoons sugar. Beat yolks and sugar to a cream. Add brandy and rum by spoonfuls. Then whipped cream and lastly stiffly beaten whites. Freeze at once.

—Mrs. E. St. John.

Nesselrode Pudding.

One pint large chestnuts; 1 pint cream; 1 pint water; yolks 6 eggs; 1 pound sugar; ½ pint grated pineapple;1 pound mixed candied fruits. Boil chestnuts till tender. Remove shells and skins and press through colander. Boil sugar and water 5 minutes. Beat yolks of eggs light and add to boiling syrup. Take from fire and beat until cold. Then add fruit, chopped fine; 1 tablespoon vanilla, and pineapple and nuts. Freeze. When frozen, remove dasher and stir in cream, whipped.

Peach Water Ice.

One quart peaches; ½ pound sugar; 1 lemon; 1 quart water. Boil sugar and water 5 minutes. Add mashed peaches and lemon juice, and freeze.

Rule of "Three" Ice.

Boil 3 minutes 3 cups sugar, 3 cups water. Add pulp and juice of 3 large oranges, juice of 3 lemons, and 3 mashed bananas, 3 apricots or ½ can. Mix and freeze.

Coffee Ice.

One cup strong coffee extract; 1 cup sweet milk; 1 cup cream; 1 cup sugar. Freeze, serving with whipped cream, and few slices of banana or other fruit.

Raspberry Ice.

Two cups water; 1 cup sugar. Boil 10 minutes and cool. Add juice 2 lemons, 1 pint red raspberry juice. Freeze.

Lemon Ice.

Three quarts water; 2 pounds sugar. Boil 10 minutes and cool; add juice 8 lemons; whites of 3 eggs whipped in. Freeze hard.

Strawberry Ice.

Two cups water; 1 cup sugar; boil 5 minutes; add juice 2 lemons, 1 pint crushed strawberries; add beaten whites of 3 eggs and freeze. The above recipe may be used for any ice, substituting other fruits.

White Grape Juice Ice.

Two cups water; 1 cup sugar;boil 5 minutes. Add 1 cup grape juice. Freeze.

Crême de Menthe Ice.

Three cups water; 1 cup sugar; ⅓ cup crême de menthe cordial. Boil water and sugar 15 minutes. Add crême de menthe and some green fruit coloring. Strain and freeze.

Strawberry Mousse.

One heaping tablespoon powdered gelatine; 2 cups mashed berries; 1 cup sugar; 3 tablespoons boiling water; 2 cups whipping cream. Run berries through sieve, add sugar and gelatine mixed with water. When cool, fold in whipped cream. Turn into mold and pack in ice, leaving it for 6 hours.

The above recipe may be used for any fruit mousse, substituting other fruit for strawberries.

Maple Mousse.

One teaspoon powdered gelatine; 4 tablespoons boiling water; yolks 6 eggs; 1 cup maple syrup; 2 cups cream; 1 cup ground almonds. Dissolve gelatine with water, add eggs and syrup. Stir over fire until thick. Cool, and fold in whipped cream. Pack in ice and freeze 5 hours. Serve sprinkled with the almonds.

All sherbets are stirred constantly while freezing. When done, add a meringue of the beaten whites of 2 eggs, which makes it light and creamy.

Pineapple Sherbet.

Two large pineapples or 1 quart can; 1¼ pounds sugar; juice 2 lemons; 1 quart water; grate pineapple. Boil sugar and water for 5 minutes. Add fruit and lemon juice when cool. Strain and freeze.

Orange Sherbet.

One pint orange juice; 2 cups sugar; juice 2 lemons; 1 quart water. Boil sugar and water 5 minutes. Add other juices and freeze, adding meringue.

Raspberry and Currant Sherbet.

One quart raspberries and ½ pint currant juice; 1 pound sugar; 1 quart water. Boil sugar and water 5 minutes. When cool, add juice and mashed berries. Strain, freeze and add meringue.

Lemon Sherbet.

Six lemons, juice and pulp; 4 cups sugar. Simmer skins in 1 pint water for 3 minutes. Scald 3 quarts water with 2 tablespoons cornstarch, 1 cup sugar. Mix all. Cool, freeze and add meringue.

Milk Sherbet.

One quart rich milk; 2 cups sugar; 1 teaspoon lemon extract. When half frozen, add juice and little of rind of 2 large lemons, with meringue. For "pineapple sherbet" add grated pineapple and a little more sugar.

Granis au Chocolate.

One pound of best vanilla chocolate; ½ pound sugar; 2 vanilla beans; 1 quart of water; ½ pint of cream, whipped. Melt the chocolate with a little of the water on the fire, add the vanilla beans and the rest of the water. Simmer 5 minutes, then cool; extract the beans and freeze rather soft. Serve in sherbet cups with a little of the whipped cream on top of each.

Junket Ice Cream with Strawberries.

Heat 1 quart of milk, 1 cup of double cream and 1 cup of sugar until just luke warm, not above 100 degrees. Stir in a tablespoon-

ful of vanilla extract, or use 1 cup of strawberry preserves in the cream and 1 junket tablet crushed and dissolved in 1 tablespoon of cold water. Let stand undisturbed in a warm room 10 or 15 minutes, then freeze as any ice cream. Pack into individual molds, basket shape, and chill ½ hour packed in equal parts of ice and salt. At time of serving, turn from molds onto individual plates and fill the baskets with fresh strawberries.

—Mrs. Hill.

CHAPTER XVII.

CAKES, CAKE FILLINGS AND FROSTINGS, GINGERBREAD.

General Directions for Cake Making.

In baking a cake have all the necessary articles ready. Butter the pan in which the cake is to be baked. Break the eggs, the yolks in one bowl and the whites in another. Measure the sifted flour and sugar and set them aside, Then measure the milk or water to be used and the baking powder or soda, or cream of tartar. Sift the flour with the baking powder or whatever is to be used to lighten the cake. Have the fruit or nuts ready to add to the batter when needed. When this is all done, cream the butter in your mixing bowl. A perforated spoon is the best to use for this. Then gradually beat in the sugar. If your recipe calls for yolks, beat them till light and thick, then add to the butter and sugar. Then add the liquid alternately with the flour. Lastly add the whites, beaten stiff. Fruit or nuts may now be added. If you flour the fruit before adding it to the batter, it will not sink to the bottom of the cake while baking. When putting the batter in the pan, it is a good plan to spread it away from the center towards the edges with a spoon so that the cake will be of a uniform height when baked.

An entirely different method is used in mixing a sponge cake. First beat the yolks till thick and light colored. Gradually beat in the sugar and then add the flavoring, (grated rind of an orange or lemon) and lemon juice, if used. Then beat the whites till stiff. Add part of the whites to the yolks and sugar, then add part of the flour, then add the remaining whites and the rest of the flour. In making a sponge cake no stirring must be done. The lightness of the cake depends upon the air beaten into the eggs. The cake should be mixed entirely by cutting and folding.

In baking a cake the oven should be at a temperature to raise the cake to its full height in one-fourth the time required for baking. The cake should not brown during this time. During the

second quarter the cake should brown a very little. During the third quarter it should finish browning. The heat of the oven should be reduced during the last half of the time. Cakes in which butter has been used will separate from the sides of the pan when baked.

Aunt Maria's Ginger Cake.

One cup New Orleans molasses; 1 cup C sugar; 1 cup boiling water; 1 cup butter; 1 teaspoon soda; 2 eggs; 1 quart flour; 1 small teaspoon ginger. Makes 2 sheets.

—Mrs. T. V. Engstrom.

Gingerbread No. I.

One-half cup sugar, fill balance of the cup with molasses; 1 scant cup rich milk; 1 egg; 1 scant cup butter; 1½ cups of flour; 1 teaspoon soda dissolved in warm water; 1 teaspoon cinnamon; 1 teaspoon cloves; nutmeg and ginger to taste.

—Mrs. Will Burr.

Gingerbread No. II.

Two-thirds cup butter; 2 cups molasses; 1 tablespoon ginger; 1 cup sour cream; 1 tablespoon soda; 1 egg; 3 cups flour. Boil together butter, molasses and ginger, add the soda and pour over the sour cream and egg mixed. Then add flour and beat well. This bakes in 2 cakes. One half may be used for pudding with sauce.

—Mrs. Peabody.

Gingerbread No. III.

Cream ½ cup of butter; add ½ cup sugar; cream again, then add ½ cup molasses; ½ cup sour milk; 2 eggs, beaten light; 1 teaspoon soda, rounded up; 1 level teaspoon ginger, and 1¾ cups of flour. Bake in muffin tins.

—Caroline Radecke.

Ginger Creams.

One cup of molasses; 4 tablespoons melted lard; 3 tablespoons melted butter; 6 tablespoons water; 1 teaspoon baking powder; 1 teaspoon salt; 1 tablespoon ginger; 2 cups of flour. Bake in thin sheets in a quick oven. When cold, frost with white frosting and cut in squares.

—Mrs. A. C. Deming.

LOAF CAKES.

One Egg Spice Cake.

One cup sugar, heaping (light yellow coffee C sugar); 1 egg; ½ cup butter (scant); 1 cup rich sour milk; 1 small teaspoon soda (beaten well into milk); 2 cups flour (measured before sifting); 1 heaping teaspoon ground cinnamon; ½ teaspoon cloves (ground); ⅓ teaspoon of nutmeg or mace (ground); 1 large cup raisins, seeded, and cut in two with scissors (not chopped). Bake in a pan about 4 inches deep in a very slow oven. This cake is very moist and keeps so for a long time.

FROSTING: 1 lemon (juice); 1 pound confectioner's sugar (scant). Squeeze the juice from the lemon, strain and add the sugar little by little, beating all the time till it becomes very creamy and does not drop off the spoon when held up. A wire spoon is the best to beat it with. The success of this simple, but delicious frosting, depends on the beating altogether. Spread on the cake when the latter is cold.

—MRS. T. J. DERWENT.

Spanish Bun.

One pint flour; 1 pint sugar; 1 cup sweet milk; 1 cup butter; 4 eg[illegible]tely; 1 tablespoon cinnamon; 1 teaspoon cloves; [illegible] powder. Sprinkle with granulated sugar while hot.

Coffee Cake.

One cup strong coffee; 1 cup molasses; 1 cup sugar; 1 cup butter; 1 cup chopped raisins; 1 teaspoon soda; 1 teaspoon cloves; 1 teaspoon cinnamon; 1 teaspoon nutmeg; 5 cups flour.

—MRS. ROY SKINNER.

Two-Layer Fruit Cake.

One egg; 1 cup brown sugar; ½ cup lard (part butter may be used, if preferred); 1 cup sour milk; 1 teaspoon soda; 1 teaspoon cinnamon; ½ teaspoon cloves; salt to taste; 1 tablespoon molasses; 2 level cups flour (no more); ½ cup nuts; ½ cup raisins. Frost with lemon or chocolate frosting.

—MRS. SOMERS.

Apple Sauce Cake.

One cup sugar, ½ cup butter, creamed; 1 cup of apple sauce prepared as for the table; 1 teaspoon soda stirred into apple sauce; 1 teaspoon chocolate, grated; 1 teaspoon cinnamon; ½ teaspoon cloves; 1¾ cups flour Bake in a sheet.

—Mrs. Somers.

Potato Cake.

Two cups sugar; 1 cup butter; 1 cup mashed potato put through a colander; 4 eggs; 4 tablespoons grated chocolate; 1 teaspoon cinnamon; ½ teaspoon cloves; 1 cup sour milk; 1 teaspoon soda; 2 cups flour; 1 cup chopped nuts or raisins. Bake in a loaf. This keeps moist for some time.

—Mrs. J. L. Keep.

Brown Cake.

One and one-half cups C sugar; ½ cup butter; 2 eggs; ½ cup sweet milk; 2 cups flour; 1 cup chopped raisins; 1 teaspoon cinnamon; ¼ teaspoon cloves; dash of nutmeg; 1 teaspoon soda, dissolved in the milk. Bake slowly in a loaf.

—Mrs. T. V. Engstrom.

French Fruit Cake.

One-half pound butter; 3 cups sugar; yolks of 6 eggs, well beaten; 1 cup sweet milk; 2 cups brandy; 1 pound raisins; ½ pound currants; shell 2 pounds of mixed nuts and break in small pieces; citron and figs as wanted; grated rind and juice of 2 lemons; fruit and nuts well dredged with flour before mixing; flour to stiffen. Lastly add whites of eggs and 4 tablespoons baking powder.

—Leola Arnold.

Fruit Cake.

Two cups brown sugar; 1 cup molasses; 1 cup coffee (as for table); 4 eggs; 1 teaspoon soda; 4 cups flour; ¾ cup butter; 2 teaspoons cinnamon; 2 teaspoons cloves; 1 teaspoon grated nutmeg; 1 pound raisins; 1 pound currants; citron and orange peel.

—Mrs. Du Plain.

Scripture Cake.

One cup butter, Judges 5, 25; 2 cups sugar, Jeremiah 6, 20; 3½ cups flour, 1 Kings 4, 22; 2 cups raisins, 1 Samuel 30, 12; 2 cups figs, 1 Samuel 30, 12; 1 cup almonds, Genesis 43, 11; 1 cup water,

Genesis 24, 20; 6 eggs, Isaiah 10, 14; 1 large tablespoon honey, Exodus 16, 13; 3 teaspoons baking powder, Gal. 5, 9; sweet spices to taste, Kings 10, 2; a little salt, Leviticus 2, 13.

Devil's Food.

One cup sour milk; 1 teaspoon soda; ½ cup shortening (lard or butter); 1½ cups sugar; 1 egg; ¼ cake Baker's chocolate; flour to make batter.

—Mrs. Arthur Thro.

Chocolate Loaf Cake.

Grate ¼ bar of chocolate. Pour over it ½ cup of hot water. Cream 1½ cups sugar and ½ cup butter. Add 2 eggs, ½ cup sour milk, ½ teaspoon soda, 1 tablespoon vanilla. Add chocolate. Then stir in 2¼ cups of flour. Bake 45 minutes in a loaf.

—Leola Arnold.

White Pound Cake.

Whites 14 eggs; 1 pound sugar; ½ pound butter; 1 pound flour; 2 teaspoons baking powder sifted into flour, and about 2 tablespoons water and flavoring. Beat butter and sugar to a cream. Then add the water, then the whites of eggs and flour alternately.

—Mrs. L. F. Haehnlen.

Yellow Pound Cake.

Ten eggs; 1 pound powdered sugar; 1 pound flour; 14 ounces butter; wine glass of brandy; teaspoon grated nutmeg; lemon flavoring and 1 teaspoon baking powder. Beat butter and sugar to a cream, then add the beaten yolks, then the beaten whites and flour alternately and bake slowly in a moderate oven.

—Mrs. L. F. Haehnlen.

Citron Pound Cake.

One pound sugar; 1 pound butter; 1 pound flour; 1 pound citron, cut very fine; 10 eggs, beaten separately. Cream butter and sugar, add yolks and flour. Beat vigorously 15 minutes, then add citron and lastly the whites. Bake 1 hour in a moderate oven, being careful not to have it too hot at first.

—Mrs. Walter Forbes.

Sponge Cake No. I.

Three eggs, well beaten; salt; 1 cup sugar; 1 cup flour; 2 teaspoons baking powder; ½ cup boiling water added at the last. Flavor to taste. Grease pan and also sprinkle with flour before turning in the batter.

—Mrs. T. V. Engstrom.

Sponge Cake No. II.

One coffee cup sugar; 1 coffee cup of flour; 1 teaspoon baking powder. Mix together, make a hole in the center and break 4 eggs and 4 tablespoons water, 1 teaspoon extract to flavor.

—Josephine Phinney.

Sponge Cake No. III.

Six eggs; 1½ cups sugar; 1½ cups flour; ⅓ teaspoon cream of tartar; pinch of salt; ½ teaspoon vanilla. Beat yolks to a froth, add sifted sugar. Whip whites to a foam, add salt and cream of tartar and continue beating until very stiff. Then fold into the yolks and flavor. Lastly fold in lightly the flour which has been sifted 4 times. Bake in a slow oven 25 to 45 minutes.

—Mary Walton.

Roll Jelly Cake.

Two eggs, beaten to a froth; ½ cup sugar; ½ cup flour; 1 teaspoon baking powder; 2 tablespoons of milk. Bake in shallow pan and when done turn out on a towel and spread with jelly and roll while hot, wrapping the towel around to keep in shape until cool.

—Mrs. Chandler Starr.

Scioto Sponge Cake.

Mix 1 cup granulated sugar; 1 teaspoon cinnamon; ½ teaspoon cloves; one-eighth teaspoon nutmeg; ¼ pound grated sweet chocolate. Mix ⅔ cup sifted flour; ½ teaspoon baking powder; ½ cup chopped nuts; ¼ cup sliced citron. Beat well yolks of 6 eggs with 1 tablespoon water. Beat whites of eggs until stiff and dry, then gently fold in the sugar mixture, egg yolks and flour mixture. Line a pan with buttered paper, turn in the mixture, sprinkle generously with chopped nuts and bake in a moderate oven. May also be baked in a sheet. May be iced or simply dusted with powdered sugar.

—Mary Walton.

German Kuchen.

One pint warm milk; 4 cups flour; ½ cup butter; 1 cup sugar; 3 eggs; 1 cake compressed yeast. Flavor with nutmeg and grated dried orange peel. Mix well. Let rise twice before putting into the oven. Cover the top with beaten whole egg and sugar.

—Mrs. Gork.

Sunshine Cake.

Whites of 7 eggs; yolks of 5; 1¼ cups granulated sugar; 1 cup flour, ⅓ teaspoon cream of tartar (scant); pinch of salt added to whites before beating and flavor to taste. Sift, measure and set aside flour and sugar. Beat yolks to a foam. Whip whites to a foam, add cream of tartar and beat until very stiff; add sugar to whites, then the beaten yolks, flavor, and lastly fold flour in lightly. Bake in a moderate oven from 20 to 40 minutes.

—Mrs. Wm. Thompson.

Angel Food No. I.

Whites of 12 eggs; 1 teaspoon cream of tartar; 1 pinch salt; 1½ cups sugar; 1 teaspoon vanilla; 1 cup pastry flour. Sift flour once, add cream of tartar; then sift 4 times. Then sift flour and sugar together 4 or more times. Add salt to whites of eggs, beat until very stiff; add flavoring and fold the two mixtures together very lightly. Put in an ungreased tin and bake in a moderate oven about 45 minutes. When cake has risen above top of the pan, increase the heat and finish baking rapidly. When the cake is done it begins to shrink. Let it shrink back to the level of the pan and then remove and invert to cool.

Angel Food No. II.

Whites of 9 eggs; 1¼ cups granulated sugar; 1 cup pastry flour; ½ teaspoon cream of tartar; 1 pinch of salt; flavor to taste. Mix and bake as above.

Angel Fruit or Nut Cake.

Add to angel food dough ½ cup of any kind of chopped candied fruit, nuts, raisins, cocoanut, angelica or a mixture of any of the above.

White Cake.

One cup sugar; ½ cup butter (part lard may be used); whites 4 eggs; ½ cup milk; 2 cups flour; 2 teaspoons baking powder; pinch of soda. Flavor with vanilla.

—Elizabeth Tyrell.

Feathery White Cake.

One-half cup of milk; ½ cup butter; 1½ cups powdered sugar; 6 eggs, whites (beaten stiff); 2 cups pastry flour; 1½ rounded teaspoons baking powder; ½ teaspoon salt. Flavor with almond and lemon, equal parts. If nuts are used in the filling, omit the lemon.

—Mrs. Wm. Thompson.

Hickory Nut Loaf Cake.

Two cups sugar; 1 cup butter; 1 cup milk; 3 cups flour; 2 spoons baking powder; 2 cups broken hickory nut meats; whites eggs. This recipe may be divided for a smaller loaf.

—Mrs. S. R. Somers.

Burnt Sugar Cake.

One and one-half cups sugar; ½ cup butter; cream well, add 1 unbeaten egg yolk; cream well, add another yolk; cream well 1 teaspoon vanilla, 3 teaspoons burnt sugar; cream well 2½ cups flour, 2 heaping teaspoons baking powder, 1 cup cold water. Add water and flour alternately; put baking powder in with the last half cup water. The secret of this cake is to cream well. For frosting, add 2 teaspoons burnt sugar to plain frosting.

—Anna Donahue Nohe, Louisiana.

Sour Cream Cake.

One cup sour cream; 1 cup sugar; 1 egg; 1 cup flour; a pinch salt; 1 teaspoon soda; 1 teaspoon vanilla.

—Mrs. Guy Smith.

Grandmother's Yeast Cake.

Two coffee cups sponge; 2 teacups sugar; 2 eggs; ½ cup butter in a little flour; soda size of a kernel of corn; 1 teaspoon each of all kinds of spices; 1 cup fruit. Put in oven and leave door open for ½ hour. Close door and bake as other cake.

—Mrs. Charles Reitsch.

Marble Cake.

Cream ½ cup butter; add gradually 1½ cups sugar, then ½ cup milk alternately with 2 cups flour sifted with 2 level teaspoons baking powder. To ⅓ of the mixture add 1 cup chopped raisins, ½ teaspoon cloves, 1 teaspoon cinnamon, yolks of 3 eggs, beaten lightly. To the other ⅔ add ½ teaspoon vanilla, whites of eggs, beaten dry. Bake in loaf pan, putting in mixture by spoonfuls, alternating colors.

Blackberry Jam Cake.

One cup sugar; scant ½ cup butter; 3 eggs, beaten separately; 4 tablespoons of sour cream or milk with 1 teaspoon soda; 1 teaspoon cinnamon; ¾ teaspoon nutmeg; 1½ cups flour; 1 cup of any kind of jam; 2 heaping teaspoons baking powder. Bake in 2 sheets and ice.

—Mrs. Bir

Cheap Loaf Cake.

One and one-half cups sugar; ½ cup butter; 1 cup milk scant cups of flour; 2 teaspoons baking powder; 1 cup cho raisins; 1 egg; flavor with lemon or nutmeg. May also be made without the egg.

Blueberry Cake.

One egg, beaten light; ¾ cup sugar; 1 tablespoon butter; ½ cup milk, good measure, in which dissolve ½ teaspoon soda; flour to make as stiff as very soft biscuit dough. Mix 1 teaspoon cream of tartar and the butter in the flour and add other ingredients, beating well. Stir in lightly ½ pint of blueberries which have been floured.

—Mrs. Wm. Walton.

Dutch Apple Cake.

Sift together 2 cups of flour, ½ teaspoon salt and 3½ level teaspoons baking powder. With tips of fingers work in ¼ cup butter. Beat 1 egg, add ¾ cup milk and stir into the dry ingredients. Spread the mixture into a shallow baking pan. Have ready, pared and cored neatly, 4 or 5 apples. Press these in even rows down into the dough, leaving an edge of dough all around the apples. Sprinkle with cinnamon and currants and the edge of the dough quite thickly with granulated sugar. Bake about 25 minutes. Good with coffee, or may be served hot with sugar and cream or hard sauce.

—Mrs. Edward Heiliger.

Peach Tea Cake.

One large tablespoon equal parts butter and lard; ½ cup sugar; ½ cup milk; 1 beaten egg; 2 cups flour; 1 teaspoonful baking powder. Turn into shallow baking pan. Do not have batter more than ½ inch deep. Cover with sliced peaches. Sprinkle with sugar and cinnamon. Bake 30 minutes.

LAYER CAKES.

Chocolate Cake—Eggless.

One cup sugar; ½ cup grated chocolate; 1 cup sour milk; 1 heaping tablespoon butter; ½ teaspoon soda; 1½ cups flour; vanilla. Bake in 2 layers and ice with a chocolate frosting.

Chocolate Cake.

Cream ½ cup butter and 1½ cups sugar; add yolks of 4 eggs; 2 squares of Baker's chocolate, dissolved in 5 tablespoons hot water; ½ cup milk; 1⅔ cups flour; 1 heaping teaspoon baking powder; lastly add beaten whites of eggs. Bake in layers. Frost with chocolate or white icing.

—Mrs. Schulein.

Chocolate Cream Cake I.

Beat ¼ cup butter to a cream and beat the yolks of 2 eggs until thick. Then gradually beat ½ cup of sugar into each and combine the 2 mixtures. Add 4 ounces of chocolate, melted over hot water. Then alternately add ½ cup milk and 1½ cups flour, sifted with 2 level teaspoons baking powder. Lastly, add whites of 2 eggs, beaten dry, and 1 teaspoon vanilla. Bake in 2 layers.

—Mrs. Edward M. Heiliger.

Chocolate Cream Cake II.

One and one-half cups sugar; ½ cup butter (scant); 1 cup milk or water; 2½ cups Swansdown flour; 2 heaping teaspoons baking powder, sifted with the last ½ cup flour; whites of 4 eggs. Cream the butter and sugar, add the milk, then the flour and baking powder. Beat thoroughly. Lastly, add stiffly beaten whites. Put in square cake tins and let stand 5 minutes before baking. Bake in a moderate oven.

ICING: One and one-half cups sugar; ½ cup fresh milk. Boil together slowly in a porcelain dish about 10 minutes until it threads. Then take from fire and add butter the size of a walnut. Beat constantly until cold; then flavor and spread on the cake. Melt Baker's chocolate and when white frosting is set, spread over the top with a knife.

—MRS. L. A. WEYBURN.

Orange Cake.

One cup sugar; 1 tablespoon melted butter; 2 eggs; ½ cup of milk; 1½ cups of flour; 2 teaspoons baking powder; 1 tablespoon orange juice; 1 teaspoon grated rind. Mix in order given, bake in square pan, split and fill with orange cream.

ORANGE CREAM: Into a cup put the grated rind of ½ an orange and the juice of 1 orange, 1 tablespoon of lemon juice and fill cup with hot water; strain and put on to boil. Add 1 tablespoon cornstarch, wet with cold water, and cook 10 minutes, being careful not to burn it. Beat yolk of 1 egg with 2 heaping teaspoons of sugar, add to the mixture with 1 teaspoon butter and cook until butter is dissolved. When cool, fill the cake with the cream and ice with orange icing.

—GLEN CULVER.

Marshmallow Cake.

Two cups sugar; ½ cup butter; 2½ cups flour; 1 heaping teaspoon baking powder; whites of 4 eggs, beaten stiff and folded in last. Bake in two layers.

FILLING: 2 cups sugar, 8 tablespoons water; boil until it threads, then pour over beaten whites of 2 eggs. Then pour it over 1 cup of marshmallows, which have been melted over hot water.

—MRS. WARD CRUMB.

Toasted Marshmallow Cake.

Beat ½ cup butter to a cream; gradually beat in 1 cup sugar, then beaten yolks of 3 eggs. Sift together 1½ cups flour and 2 level teaspoons baking powder; add to the first mixture alternately with ½ cup milk and 1 teaspoon vanilla. Lastly, beat in whites of 2 eggs, beaten dry. Bake in 2 layer cake pans. Put together with chocolate filling and decorate with toasted marshmallows.

Fresh Cocoanut Cake.

Two cups sugar; ½ cup butter (scant); 1 cup milk; 3 cups of Swansdown flour; 2 heaping teaspoons baking powder; 1 teaspoon-

ful of vanilla; whites of 8 eggs. Cream butter and sugar, add the milk, then the flour with baking powder sifted in. Gradually add the beaten whites of the eggs. Bake in 2 long layer pans.

FILLING: 1 grated cocoanut; 2 cups sugar; ½ cup boiling water; whites of 2 eggs; flavor with vanilla. Boil sugar and water until it threads, then pour on the beaten whites of the eggs, slowly at first, beating until the frosting can be spread an inch thick. Spread between the layers and sprinkle thickly with the cocoanut.

—MRS. JAMES HARNED.

Aristocratic Cake.

One pound butter; 1 pound sugar; 1 pound pastry flour; 12 eggs. Cream butter and sugar; add beaten yolks of eggs, flour and ½ wine glass of brandy, and lastly the stiffly beaten whites. Divide into 4 parts. To the first part add ½ pound each of raisins and currants and ¼ pound of citron, cut up; cinnamon, cloves and nutmeg to taste. To the second part add 3 peeled oranges, cut in very small pieces, and rolled in flour. Fold in the batter slowly so as not to crush pieces. To third part add 1 pound almonds, blanched and cut fine. To fourth part add 3 tablespoons grated chocolate and flavor with vanilla. When these are separately baked and cooled, put together with boiled frosting. Best when 3 days' old.

—MRS. FREEMAN GRAHAM.

Harlequin Cake.

One cup sugar, ½ cup butter, creamed; ½ cup milk; 1½ cups flour; 1½ teaspoons baking powder; beaten whites of 4 eggs. Divide in half. Color 1 part pink. Bake each half in 1 layer. ½ cup sugar, ¼ cup butter, creamed; ½ cup milk; 1¼ cups flour; 2 teaspoons baking powder; yolks 4 eggs, well beaten. Divide in half. To first half add juice and grated rind of ½ lemon. To second half add 1 ounce of Baker's chocolate and one-eighth cup of milk. Put the 4 layers together with white icing.

—GEORGIE SOMERS.

Dolly Varden Cake.

One-half cup butter; 1 cup sugar; ½ cup sweet milk; 2 cups flour; 2 eggs; 2 teaspoons baking powder. Cream the butter and sugar; add the eggs and milk, then the flour and baking powder. Divide into 2 layers. Into second layer put 1 tablespoon cold

coffee; ½ tablespoon molasses; ½ cup chopped raisins and spice to taste. Bake, and put layers together with jelly or frosting.

—Mrs. J. L. Keep.

Plain Layer Cake.

One and one-half cups of C sugar; ½ cup butter; 2 eggs, beaten; 1 cup milk; 2½ cups flour sifted with 2 teaspoons baking powder. Bake in layers and use any preferred filling.

—Mrs. T. V. Engstrom.

Mocha Filling I.

One cup unsalted butter; 2 cups powdered sugar; rub to a cream, add yolks of 3 eggs and cream more; add slowly ½ cup very strong freshly made coffee, spread on cake, adding chopped walnuts.

—Mrs. T. K. Hicks.

Mocha Filling II.

One cup powdered sugar; butter size of an egg; cream together, add 1 teaspoon vanilla, 2 teaspoons dry cocoa and 2 tablespoons very strong freshly made coffee.

—Mrs. T. K. Hicks.

Apple Filling.

One large sour apple, peeled and grated; juice and rind of 1 lemon; 1 large cup sugar; yolk of 1 egg; beat all together and cook until thick. Let cool and spread.

—Mrs. Guy Smith.

Raisin Filling.

One cup sugar; 1 cup chopped raisins; 4 tablespoons water. Cook until it spins a thread. Pour slowly over stiffly beaten white of 1 egg. Beat until creamy.

—G. S.

Cocoa Filling.

Two tablespoons strong coffee; 2 teaspoons cocoa; confectioner's sugar to thicken; 1 teaspoon vanilla; 1 tablespoon soft butter.

—Ruth Drysdale.

Ice Cream Filling.

One teaspoon water; 1 teaspoon butter, heaping; powdered sugar enough to thicken. Cream these together thoroughly and add the stiffly beaten white of 1 egg. Flavor with a little citric acid dissolved in water.

Sour Cream Filling.

One cup sour cream; 1 cup sugar; 1 cup hickory nuts, chopped fine. Boil sugar and cream together until it threads. Take from fire, stir in the nuts and beat until creamy.

—Mrs. T. K. Hicks.

Chocolate Filling I.

Two squares chocolate; 4 tablespoons hot water; 2 tablespoons butter; ½ cup sugar; ½ cup milk which should be added after the above ingredients have been thoroughly dissolved over hot water. Cook until consistency of thick cream. Beat until thick enough to spread.

Chocolate Filling II.

Melt 2 squares Baker's chocolate in a double boiler; stir in enough powdered sugar to thicken, about 1½ cups, then stir in ½ cup chopped raisins or use raisins and nuts which have been chopped. Fine for devil's food cake.

Plain Frosting.

One cup confectioner's sugar; 2 tablespoons boiling water or milk; ¼ teaspoon vanilla, or 1 teaspoon lemon juice.

Boiled Frosting.

One egg, 1 cup sugar, 4 tablespoons water; boil until it threads, then pour slowly over stiffly beaten white of egg. Flavor to taste.

Caramel Frosting.

Boil 1½ cups brown sugar, ½ cup cream and 1 teaspoon butter, 40 minutes. Add ½ pound marshmallows, 1 teaspoon vanilla and beat until thick enough to spread. The marshmallows may be omitted. Then simply beat ingredients until of a proper consistency and spread.

Fruit Frosting.

One cup mashed fruit (strawberries, raspberries or peaches); 1 cup sugar; white of 1 egg. Whip all together until stiff.

—Mrs. J. L. Keep.

Divinity Fudge Frosting.

Two cups (even) granulated sugar; ½ cup Karo corn syrup; ½ cup water; 2 eggs (whites). Boil all but eggs until it forms a soft ball in water. Pour this onto the beaten whites of the eggs and beat the whole until almost cold. Add ½ cup of chopped nuts. This makes a delicious frosting for angel cake. Candied cherries, chopped, may also be added.

—Mrs. G. D. R.

Chocolate Nut Frosting.

Boil 1 cup sugar and ½ cup water until it forms a thread. Pour slowly, beating constantly, onto the beaten yolks of 2 eggs. Then pour this mixture onto 1 square of melted chocolate, add nut meats and ½ teaspoon vanilla. Beat until cold enough to spread.

Sliced bananas, shredded pineapple, orange juice and grated rind, or almost any fruit cut fine added to a plain or boiled frosting, makes a delicious filling for cakes.

CHAPTER XVIII.

SMALL CAKES, COOKIES AND DOUGHNUTS.

Cream Puffs.

One cup hot water; ½ cup butter. Boil together and stir while boiling. Stir in 1 cup sifted flour, dry. Take from stove and stir until a smooth paste. After this cools stir in 3 eggs, not beaten. Stir 5 minutes. Drop in tablespoons on buttered tins. Bake in a quick oven 25 minutes. Be careful not to open oven door oftener than necessary. This recipe makes 12 puffs, more if you don't use full tablespoon of batter. When cold, cut a hole in the top and fill with custard.

CUSTARD: 1 cup sweet milk; ½ cup sugar; 1 egg; 3 tablespoons flour. Flavor with vanilla. Cook.

—MRS. SHANNON, Kirkland, Ill.

Patty Pan Cakes.

One cup sugar; 2 tablespoons butter; 2 eggs; 4 tablespoons milk; 1 cup flour; 1 teaspoon baking powder. Add ½ cup currants or raisins and bake in gem irons.

—MRS. J. L. KEEP.

Sour Cream Patties.

One cup brown sugar; 1 cup sour cream; 1 tablespoon shortening; 1 egg; ⅓ cup molasses; salt and cinnamon to taste; 2 cups flour; 1 teaspoon soda, dissolved in the sour cream; ⅔ cup raisins or currants. Bake in patty pans.

—RENA LANDER.

Roxbury Cakes.

Beat the yolks of 2 eggs; gradually beat in ½ cup sugar; ¼ cup butter, softened but not melted; ½ cup molasses; ½ cup sour milk, and then 1½ cups of flour, sifted with 1 teaspoon cinnamon.

½ teaspoon cloves, a grating of nutmeg and 1 teaspoon soda. Beat in whites of 2 eggs, beaten dry, and then ½ cup raisins and ½ cup walnut meats. Bake in small tins. Cover with boiled frosting and decorate with the same frosting, tinted with melted chocolate.

—Mrs. Edward Heiliger.

Small Chocolate Cakes.

One-half cup butter; ¼ cup cocoa; 3 eggs; 1 cup sugar; 1 teaspoon cinnamon; ½ cup water; 1¼ cups flour; 3 teaspoons baking powder. Add cocoa and creamed butter and bake in small tins. When cool, frost.

Little Gold Cakes.

Cream ¼ cup butter. Beat into it ½ cup sugar, the well beaten yolks of 4 eggs, ¼ cup milk, and seven-eighths cup of flour, sifted with 1 level teaspoon baking powder. Flavor with 1 teaspoon orange extract. Bake in small tins (15 will be needed). When cold, spread with frosting, sprinkle with tiny candies of assorted colors.

—Mrs. Edward M. Heiliger.

Cocoa Macaroons.

Pass through a sieve together, 1 cup sifted flour; ½ cup granulated sugar; 2 level tablespoons cocoa; ½ teaspoon baking powder; ¼ teaspoon each of salt and cinnamon, and one-eighth teaspoon each of cloves, mace and nutmeg. With these mix the grated rind of an orange and ¼ cup citron, chopped. Break 1 egg and the white of another into the mixture; add also 1 teaspoon vanilla and mix the whole to a stiff dough. With buttered hands, roll the mixture into balls about the size of a hickory nut, dip 1 side in granulated sugar and set some distance apart. Bake in a quick oven. This recipe makes 18 macaroons.

Flower Cakes.

Beat ½ cup butter to a cream; gradually beat in ½ cup granulated sugar, then well beaten yolks of 3 eggs and beat until mixture is very light. Add 1 teaspoon vanilla, ⅓ cup finely chopped blanched almonds and 1¾ cups sifted flour. Take off pieces of dough and roll in the hands into balls about size of butter balls; roll balls in granulated sugar. Have ready blanched almonds, cut in tiny strips, and dispose of 5 of these on top of each ball to simulate flower petals. Bake about 20 minutes in moderate oven.

Cinnamon Coffee Cakes.

One cup butter; 2 cups sugar; 4 eggs; 1½ cups of milk (2 cups may be used); 3 teaspoons baking powder. Add flour enough to roll. Roll thin, spread with sugar and cinnamon. Roll up and cut slices about ½ inch thick from it. Bake in a moderate oven.

—Annie B. Walton.

Sponge Cake Patties.

Six eggs (not separated); 2 cups flour (scant); 2 cups sugar; 2 teaspoons baking powder; ½ cup boiling water; ½ teaspoon vanilla. Beat eggs till very light; add the sugar and beat; add flour with baking powder sifted through it; add vanilla and lastly the boiling water; beat well and put in greased patty pans. Bake in moderate oven about 15 minutes. The success of this sponge cake depends on beating thoroughly.

—Miss Evalda Carlson.

Fruit Cookies.

Five cups crumbs (bread, cake or cracker); 1 cup molasses; 2 cups brown sugar; 1 cup lard; 1 cup sour milk; 2 teaspoons soda; 1 teaspoon cloves; 2 teaspoons cinnamon; ½ nutmeg, grated; ½ pound currants; ½ pound raisins; flour to make very stiff. Flavor with 1 teaspoon orange extract. Drop from a spoon into pans and bake.

—Mrs. Frank Godley.

Sugar Cookies I.

Two eggs; 1 small cup sugar; ½ cup butter; ⅓ cup sweet cream; 2 teaspoons baking powder; a little nutmeg. Flour to make stiff enough to roll out. Roll very thin, cut out with cookie cutter and bake about 10 minutes.

—Mrs. Chandler Starr.

Sugar Cookies II.

One cup sugar; ½ cup butter; ⅔ cup milk; 3 teaspoons baking powder; 3 cups flour. Flavor with rose, almond, vanilla or lemon and roll very thin.

Caraway Cookies.

One egg; ¾ cup sugar; ½ cup butter; ¼ cup sour milk; ½ teaspoon soda; 1 teaspoon caraway seeds. Sprinkle sugar over top and bake.

Honey Drop Cookies.

Beat ½ cup butter to a cream; gradually beat in ½ cup granulated sugar, 1 cup honey, beaten yolks of 2 eggs, 2 tablespoons lemon juice with grated rind, whites of 2 eggs beaten dry and 3 cups flour sifted with 1 level teaspoon soda. More flour may be added if needed to make a soft dough. Drop dough by spoonfuls onto a buttered baking sheet, make smooth and bake. For a change, may be sprinkled with granulated sugar and cocoanut.

Oatmeal Cookies I.

Two and one-half cups Quaker (or Mother's) oats, dry; 1 cup sugar; 1½ tablespoons melted butter; 1½ teaspoons vanilla; ½ teaspoon salt; 2 eggs; 2 teaspoons baking powder. Cream butter and sugar, add eggs, salt, vanilla and last the oats mixed with the baking powder. Bake in a moderately hot oven on well greased tins turned bottom side up, dropping the mixture from a teaspoon onto the tins. When done, lift with a pancake turner onto a platter.

—Mrs. W. S. Miller.

Oatmeal Cookies II.

One cup sugar; ½ cup butter; ½ cup lard; 2 eggs; 6 tablespoons milk (sweet or sour); ½ teaspoon salt; 1 teaspoon cinnamon; ¾ teaspoon soda; 1 cup chopped raisins; 2 cups oatmeal; 1½ cups flour. Drop on buttered tins and bake in a moderate oven.

—Mrs. E. Heiliger.

Aunt Lucy's Sugar Cookies.

Two cups sugar; 1 cup butter; 1 cup sour cream; 3 eggs; 1 level teaspoon soda; ½ teaspoon baking powder; pinch of salt. Flour to mix soft.

Graham Cookies.

Two cups brown sugar; 1 cup shortening (part lard and part butter); 1 egg; 1 cup buttermilk or sour milk; 1 teaspoon soda; a pinch of salt. Graham flour to make soft.

—Mrs. J. L. Keep.

Ginger Snaps.

One cup molasses; 1 cup brown sugar; 1 cup shortening, half butter. Let boil and then add 1 heaping teaspoon soda, 1 of gin

ger and 2 tablespoons hot water. Knead hard, roll very thin, cut out and bake.

—Edith Van Duzer.

Fruit Slices.

Six cups of sifted flour; 2 cups sugar; 1 cup butter; 3 eggs; ½ cup milk; ½ cup molasses; ½ pound currants; 2 level teaspoons soda; 1 teaspoon each cloves, cinnamon and allspice; ½ cup cocoanut and chopped walnuts. Bake in a thin sheet, cut in squares and ice. This makes 6 dozen.

Molasses Cookies.

One cup sugar; 1 cup molasses; 1 cup butter; 1 cup cold water; 1 rounded teaspoon soda; 1 teaspoon cinnamon; 1 teaspoon salt. Flour to roll.

Peanut Cookies.

One cup butter; 2 cups sugar; 3 eggs; ½ cup milk; 2 teaspoons baking powder; 1½ cups chopped peanuts; flour to roll. Sprinkle before baking with sugar and cinnamon.

Rocks.

One and one-half cups brown sugar; 1 cup butter; 3 eggs; 3½ cups flour; 1 teaspoon soda; 1 teaspoon cinnamon; 1 teaspoon salt; 1 pound English walnuts; 1½ cups of raisins or chopped dates. Drop from spoon to make size preferred.

Hermits.

Two cups sugar; 1 cup butter; 1 cup raisins (stoned and chopped); 1 cup chopped nuts; 4 eggs (yolks); whites of 2; ½ teaspoon soda, dissolved in 2 tablespoons milk; nutmeg; ½ teaspoon cloves; 3 cups flour (scant); 1 teaspoon cinnamon. Drop on greased pan with a teaspoon and flatten a little. Then bake about 10 or 12 minutes.

—Mrs. E. P. Lathrop.

Orange Wafers.

Two eggs; ¾ cup butter; 1 cup sugar; ½ cup milk; grated rind of an orange. Salt well. Flour to roll very stiff.

—Mrs. Wm. Thompson.

Peanut or Almond Cookies.

Cream 2 tablespoons butter, add ¼ cup sugar and 1 well beaten egg. Mix and sift together 1 teaspoon baking powder, ¼ teaspoon salt and 1 cup flour. Add to first mixture. Then add 2 tablespoons milk, ½ cup finely chopped peanuts or almonds and ½ teaspoon lemon juice. Drop from a teaspoon on a buttered sheet 1 inch apart and place ½ nut on top of each. Bake 12 to 15 minutes in a slow oven.

Chocolate Cookies.

One cup sugar, ½ cup butter, beat together; 1 egg; 2 to 3 squares chocolate (melted); ½ cup milk; ½ teaspoon soda (in flour). Add nuts, raisins and dates cut up small. Drop from teaspoon. When cool, frost.

—Mary F. Hall.

Jam Cookies.

One cup butter; 2 cups sugar; 3 eggs; ½ cup milk; 2 teaspoons baking powder; flour to roll. Roll very thin, cut out round. Lay a spoonful of jam on a cookie, lay another cookie on top, pressing the edges well together. Bake.

—M. H. W.

Doughnuts I.

Three eggs; 1 cup granulated sugar; 1 cup sour milk; 1 teaspoon soda, dissolved in milk; ½ teaspoon salt; ½ nutmeg, grated; 6 small tablespoons melted lard; flour to make stiff. Roll, cut and put in cool place over night. Fry in the morning with the upper side down in fat.

—Margaret Weldon.

Doughnuts II.

One cup sugar; 1 tablespoon melted butter; 2 eggs; 1 cup sweet milk; 3 teaspoons baking powder; 4 cups sifted flour. Spice to taste, either using nutmeg or cinnamon. Salt.

—Miss Lander.

Doughnuts III.

Two cups buttermilk; 2 eggs; 1½ cups sugar; 2 tablespoons melted butter; teaspoon soda; nutmeg; salt. Flour to roll out as moist as possible.

—Miss Lander.

Doughnuts IV.

One cup sugar; 4 tablespoons melted butter; 3 well beaten eggs; 1 cup buttermilk; 1 level teaspoon soda; 2 teaspoons baking powder. Flour to stiffen.

Raised Doughnuts.

One quart milk, heated; ¾ cup sugar; ¾ cup butter; 1 cake compressed yeast; ½ teaspoon salt. Mix yeast and flour in batter. When light add sugar, salt, butter, 2 teaspoons vanilla, ½ grated lemon rind, 1 egg. Let rise again. When light, knead well and cut. Let rise again. Cook in not too hot fat.

Prune Doughnuts.

Make sponge with 1 cup scalded milk, ¾ of compressed yeast cake. Let rise and add ½ cup sugar, 2 well beaten eggs, ½ cup butter and lard mixed, pinch of salt and enough flour to handle. Mix and roll and cut into pieces 2½ inches square.

For Filling: Cook fine prunes until soft enough to remove stones; add sugar and cinnamon to taste, making mixture consistency of marmalade. Then take ½ tablespoon prunes and place on each square, stick corners and turn over and let rise until light. Fry in deep fat.

Fried Cakes.

One cup soft sugar; 1 tablespoon butter; cream together; 2 eggs; 1 cup sweet milk; 1 quart flour; 1 teaspoon salt; 2 heaping teaspoons baking powder; nutmeg. Roll out with more flour and fry.

—Mrs. T. V. Engstrom.

Fried Wonders.

Six tablespoons sugar; 2 tablespoons melted lard; 2 eggs; 1 cup sweet milk; ½ grated nutmeg; 3 teaspoons baking powder. Flour enough to stiffen and roll. Fry in deep fat.

Crullers.

Two cups sweet milk; 1 cup sour cream; 2 cups sugar; 2 eggs; 1 teaspoon soda; 2 teaspoons baking powder; salt and nutmeg. Do not make too stiff. Fry in hot fat.

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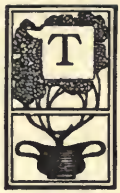

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CHAPTER XIX.

FRUITS.

"Bring me berries or such cooling fruit
As the kind, hospitable woods provide."

—COWPER.

"Eat an apple every day and live forever."

Ripe fruit is very appropriate and healthy for breakfast, and during the summer months is much more to be desired for dessert at dinner than rich pastry or hot puddings. Fruit should always be served as fresh and cold as possible. As a rule fruits should be arranged in a raised dish or comport. In serving mixed fruits whole, allow clusters of grapes to fall over the sides of the dish. In serving on a low tray or platter, pile apples, oranges, bananas or other large fruit first on the tray and arrange clusters of grapes to fall over the whole.

Grapes.

There is no more beautiful table decoration than grapes. Their exquisite coloring of purple, green, amber and red together with their own leaves making a combination for beauty impossible to surpass.

The large hot house grapes piled on a cut glass épergne and with the stems tied together with a large bow of broad soft satin ribbon the same color as the grapes, make a most artistic centerpiece for a dinner table. The épergne can be passed to the guests at the close of the dinner and small bunches may be cut from the cluster with silver grape scissors.

Another attractive table decoration for autumn is to have a high fruit standard of gold and white Bohemian glass in the center with two tall comports to match, one for each end of the table, filled with different colored grapes, with small bunches hanging

over the edges. The Tiffany colored high dishes, which are now sold very cheaply, are beautiful for holding grapes as their coloring is identical with the fruit.

Cantaloupe Melons.

A very delicious way to serve cantaloupe is to cut them in halves, crosswise. Remove seeds and membrane and put on ice. When time to serve, put one half on a grape leaf on each plate and in it put a heaping tablespoon of pineapple ice and serve immediately.

Musk Melons and Whipped Cream Surprise.

Select small melons and chill. Cut off a section that may serve as a lid and carefully clean. Then fill with whipped cream, sweetened and mixed with a little chopped preserved ginger and marshmallows cut fine with scissors. Cover with lid. Carefully pack in a rather deep pan and surround with chopped ice and salt. Let stand 1 hour. Draw a narrow yellow ribbon through the lid tied in a bow. Serve on a platter filled with crushed ice and garnished with nasturtiums and their leaves.

Musk Melon Basket.

Cut 2 pieces from small melons in such a way as to form a handle. Take out the pulp, membrane and seeds. Cut the pulp in small cubes, sprinkle with fine sugar and chill thoroughly. When ready to serve, place each melon basket on a grape leaf on a pretty plate, fill with the chilled pulp and serve at once.

Compote of Oranges.

Peel and skin 6 oranges. Cut into halves crosswise and with a sharp pointed vegetable knife remove the cores and seeds. Boil 1 cup of sugar with 1 cup of water and add the juice of ½ lemon. Arrange the oranges right side up in a round fruit dish, pour over the syrup very slowly and fill the centers with boiled rice and serve at once. They may be garnished with chopped almonds, candied cherries or chopped candied pineapple.

Compote of Pears.

Cut thin slices of bread into pear shaped pieces. Toast them in the oven till they are a golden brown. Pare and cut the pears

into halves and remove cores. Boil ½ cup of sugar, 1 cup of water and the juice of 1 lemon. Put the pears into the syrup and cook slowly 5 minutes. Arrange toast on a dish and put half a pear on each slice. Put ¼ pound of candied cherries into the syrup and bring to a boiling point. Heap cherries into the center of the dish and pour the syrup over the whole.

Watermelon.

Watermelon should be thoroughly chilled before using. There are various ways of serving this beautiful fruit. The old-fashioned way of slicing crosswise and bringing to the table on a large platter is always appetizing. It may also be cut lengthwise. A new and pretty way to serve is to cut in two crosswise and with a potato scoop, scoop out little round balls, soak in Sherry and serve either in half a cantaloupe or pile on a grape leaf on a small plate.

Watermelon Hearts.

Chill a watermelon and cut in ½ inch slices. With a heart shaped cookie cutter, cut out from slices as many hearts as desired. Arrange on a platter in several piles and surround with crushed ice. Garnish with mint.

Rose Pineapple.

Put a slice of pineapple on a small plate with a wreath of smilax around it. Take juice of pineapple and make a thick syrup of it, almost a jelly; color pink with fruit coloring, put a tablespoonful on top of pineapple and heap whipped cream on top. Nice for course at luncheon or dinner.

—Mrs. Fanny Moffatt.

Strawberries.

The most beautiful way to serve strawberries is to select fine, large berries, 6 or 8 for a person, and place them on a plate without being hulled, on their own leaves if possible to get them. Have a molded mound of pulverized sugar in the center and arrange the berries around it.

Strawberry Cocktail.

Add to the juice of 3 oranges the juice of 1 lemon and fine sugar to taste, making the mixture rather tart; stir until the sugar

is dissolved, then put on ice. Stem, wash and chill some fine strawberries. When ready to serve, cut the berries in halves and put into champagne glasses, pour over the fruit juice and add a tablespoon of cracked ice. This makes a dainty first course for a luncheon or dinner.

Strawberry Tarts.

Line small patty pans with a rich pie crust and bake. Just before serving fill with fresh strawberries dusted with powdered sugar. Whip some rich cream until stiff, add sugar to sweeten and flavor with pineapple or orange. Pile it high over the berries and serve at once.

Grape Fruit.

Cut grape fruit into halves crosswise. With a sharp pointed vegetable knife cut around the edge of the pulp to loosen, also cut between the divisions of the pulp, remove core and seeds. Sprinkle with sugar and pour over it 1 tablespoon of apricot brandy and put a Maraschino cherry in the top of each half. Baskets may be made economically in serving for several people by having an extra grape fruit. Skin it carefully and cut the skin into strips about ⅓ or ½ an inch wide. Pin a strip for a handle on each prepared half and wind with a little smilax. Serve very cold.

Cherries.

California cherries, either the light red or dark red, make a beautiful first course for a breakfast or luncheon by putting them in a pan with chopped ice with the stems on till they are very cold. When ready to serve, take 6 or 7 for each plate. Wipe them and tie the stems together, to make a bunch, with red satin baby ribbon. Serve on small green leaves and have a little mound of pulverized sugar on each plate.

Cherry Salad.

Select firm, large cherries; remove pit and insert a filbert or part of English walnut meat. Moisten with French salad dressing and serve in lemon peel cups.

—Mrs. H. T. Goddard.

Peach Snow Balls.

Pare nice peaches. Roll in powdered sugar, then in melted fondant, tinted pink with fruit coloring; then roll in fresh grated cocoanut.

Ambrosia.

One dozen sweet oranges (skin and slice); 1 large fresh cocoanut (grated). Put alternate layers of the orange and grated cocoanut in a glass dish and sprinkle pulverized sugar over each layer of the cocoanut. This is an old-fashioned dish, but is delicious and palatable.

—Mrs. S. W. C.

Slices of orange dipped in spiced wine is a famous dessert in Jaffa.

A Favorite Dessert.

Mix orange pulp; white grapes, cut in halves; candied cherries, chopped fine; and a grated pineapple with ½ cupful of powdered sugar. Put in a cool place and let stand. At serving time, fill dessert glasses with 2 tablespoons of this mixture; put a tablespoonful of lemon water ice in the center of each glass. Cover it over with 4 tablespoonfuls of whipped cream and serve at once.

—N. S. M.

Heavenly Hash.

Slice 6 oranges, 1 pineapple and 6 bananas after the skins have been removed. Lay the sliced bananas in a chilled glass bowl, sprinkle them with fine sugar and chopped nuts. Then put a layer of oranges, sugared, and more nuts, then a layer of pineapple, sugared, and nuts. Lastly, a thin layer of oranges, cut small, and strawberries mixed lightly together. Cover deep with whipped cream. Garnish with candied cherries and serve ice cold.

—Mrs. G. G.

A wine glass of Sherry poured over the fruit before the whipped cream is put on would add piquancy.

Fruit Salpicon.

Three bananas; 2 oranges or a pint of strawberries; ½ a pineapple; ½ cup of Maraschino cherries; 1 lemon (juice); 1 cup of sugar; ½ pound of white grapes. Peel the bananas, remove the coarse threads and cut the pulp in thin slices; peel the oranges and cut in lengthwise slices; cut the skin from the pineapple and take out core, cut up fine. Skin the grapes and remove seeds. If strawberries are used, cut them in halves. Mix the fruit lightly

with the sugar and lemon juice and chill thoroughly and quickly. Serve in sherbet glasses or orange skins. Makes a delicious relish at the beginning of a luncheon or dinner.

—Mrs. C. Starr.

Salpicon of Strawberries and Pineapple.

Cut off the top of a pineapple and cut off a little of the bottom so that it will stand upright and firmly on the plate. Scoop out the pulp, discarding the core. Mix the pulp with strawberries, cut in halves, the juice of 2 oranges and sugar to taste. Chill the mixture thoroughly and return it to the shell. Garnish either with flowers or leaves cut from the crown of the pineapple.

—Lena Keith Marsh.

Tutti-Frutti.

One pound of strawberries; 1 pound of currants; 1 pound of cherries; 1 pound of peaches; 1 pound of grapes; 1 pound of plums; 1 pound of pineapple. Cut up and stone the large fruits, pit the cherries and plums and seed the grapes. Add ½ pound of sugar to each 2 pounds of fruit and ½ pint of good brandy. Put in layers with the sugar and brandy between. Do not cook it at all. Many people start their tutti-frutti in the early summer, adding to it as the fruits come along, and adding other fruits, always keeping the same quantity of sugar and brandy in proportion. Delicious with ice cream or meats.

Tutti-Frutti of Candied Fruits.

One-half pound almonds (blanched); ½ pound candied pineapple; ¼ pound candied ginger; ¼ pound candied citron; ¼ pound Maraschino cherries. Chop separately, fine, and stir together; pack in a Mason fruit jar, cover with a syrup made of 1 cup of sugar and 1 cup of water boiled together and add 1 cup of rum. Seal it up. Very nice to eat with ice cream.

—Mrs. Fanny Moffatt.

Cranberry Sauce.

One quart of cranberries; 2 cups of sugar. Wash the cranberries and put them into 2 quarts of boiling water. Cook till the skins burst, add the sugar and cook about 5 minutes. Serve in a glass dish.

Apple Sauce.

Six tart apples; 1 cup sugar; ⅔ cup water. Boil sugar and water. Pare, core and quarter apples and cook in the syrup 3 or 4 minutes or until tender. Take out the apples and boil the syrup down a little and pour it over the apples.

Devonshire Cream.

Put 4 quarts of milk in a shallow pan, let it stand in a cool place over night. In the morning set it carefully on the stove so as not to disturb and bring it very slowly almost to a boil. Then place in a cold place and when thoroughly chilled, remove the cream carefully. The English prepare this Devonshire cream for almost constant use. It is delicious on strawberries, raspberries or peaches.

CHAPTER XX.

CANDY AND CONFECTIONS.

"A wilderness of sweets."
—MILTON—Paradise Lost.

The art of making candy is easily learned. It is cheaper to make good candy at home than to buy good store candy, and cheap candy should not be eaten, as it is frequently adulterated. When one has learned how to boil sugar for fondants, to dip chocolate and to properly cook caramels and other similar candies, it will be found comparatively easy to produce many toothsome dainties.

One advantage of home-made candy is the choice it affords of flavoring ingredients and combinations. In nut candy it is possible to attain a great variety from the same recipes by utilizing the less common kinds of nuts. Crystalized fruits also permit of a large range of choice, while fresh fruits coated with fondant are always popular.

Boiled Sugar for Confections.

Eleven tests are considered for boiling sugar:—

Small thread, 215 degrees F.	The feather, 232 degrees F.
Large thread, 217 degrees F.	Soft ball, 238 degrees F.
Pearl, 220 degrees F.	Hard ball, 248 degrees F.
Large pearl, 222 degrees F.	Small crack, 290 degrees F.
The blow, 230 degrees F.	Crack, 310 degrees F.

Caramel, 350 degrees F.

Fondant, the basis of all French candy, is made of sugar and water boiled together (with a small quantity of cream of tartar to prevent sugar from granulating) to soft ball, 238 degrees F. The professional confectioner is able to decide when syrup has boiled to the right temperature by sound while boiling, and by testing in cold water; these tests at first seem somewhat difficult to the amateur, but only a little experience is necessary to make fondant successfully. A sugar thermometer is often employed, and proves valuable, as by its use one need not exercise his judgment.

White Fondant.

Two and one-half pounds sugar (5 cups); 1½ cups hot water; ¼ teaspoon cream tartar. Put ingredients in a smooth granite stew pan; stir, place on range, and heat gradually to boiling point. Boil, without stirring, until when tried in cold water a soft ball may be formed that will just keep in shape, which is 238 degrees F. After a few minutes boiling, sugar will adhere to sides of kettle; remove this with a wooden spoon, covered with cloth to prevent fondant from granulating. Pour slowly on a slightly oiled marble slab. Let stand a few minutes to cool, but not long enough to become hard around the edge. Scrape fondant with chopping-knife to one end of marble and work with a wooden spatula until white and creamy. It will quickly change from this consistency and begin to lump when it should be kneaded with the hands until perfectly smooth. Put into a bowl and cover with oiled paper to exclude the air, that a crust may not form on top and let stand 24 hours. A large oiled platter and a wooden spoon may be used in place of a marble slab and spatula. Always make fondant on a clear day, as a damp and heavy atmosphere has an unfavorable effect on the boiling of sugar. Fondant may be kept several months and is better after it is made some time.

For large quantity of fondant: 10 pounds sugar; 5 pints water; 2 teaspoons cream of tartar.

Coffee Fondant.

Two and one-half pounds sugar; ¼ cup ground coffee; 1½ cups cold water; ¼ teaspoon cream of tartar. Put water and coffee in sauce pan and heat to boiling point. Strain through double cheese cloth, then add sugar and cream of tartar and cook as white fondant.

Maple Fondant.

One and one-fourth pounds maple sugar; 1 cup hot water; 1¼ pounds granulated sugar; ¼ teaspoon cream of tartar. Mix maple and granulated sugar and add remaining ingredients and cook as white fondant.

Bon Bons.

(a) Centers of bon bons are made of fondant. Shaped in small balls. If white fondant is used, flavor as desired.

(b) Cocoanut centers: Work as much shredded cocoanut as possible into small amount of fondant.

(c) Nut centers: Surround the nut meats with fondant, chopped or whole meats, as desired.

(d) French candied cherries are excellent as centers. Cover with fondant.

(e) Lemon juice and powdered sugar may be mixed to form balls and orange juice may also be used.

(f) One teaspoon of strained raspberry jam and enough powdered sugar to make stiff paste, makes excellent centers.

(g) Grape jelly may also be used; allow balls to stand over night.

To Dip Bon Bons.

Put fondant in sauce pan and melt over hot water. Color and flavor as desired. Dip balls into melted fondant and put on oil paper.

Dipped Walnuts.

Melt fondant and flavor; dip halves of walnuts and place on oil paper. Pecans or whole blanched almonds may be used.

Cream Nut Bars.

1. Melt fondant and flavor. Stir in any kind of nut meats. Cut in pieces. Turn in oiled paper or pan. Cool and cut in bars with sharp knife.

2. Maple fondant is delicious with nuts.

Chocolate Creams.

Roll some of the fondant into small balls and press these flat between 2 halves of English walnuts. Melt a cake of bitter, unsweetened chocolate in a basin of hot water for covering the candies with chocolate. Take the candies, one at a time, on a toothpick and pour the melted chocolate over them with a teaspoon, and when well covered, slip them upon oiled paper.

Mints.

The mints with any desired flavoring, such as peppermint, wintergreen, vanilla or lemon, may be made by stirring some of the fondant in a double boiler until it melts. Add the flavoring and drop in small lumps on oiled paper. The lump will flatten out before hardening.

"He rolls it under his tongue as a sweet morsel."

—Psalm xxxvi.

FUDGE.

Chocolate Fudge.

Four cups granulated sugar; ½ cake Baker's chocolate; 2 cups milk; butter size of 2 eggs; 1 teaspoon vanilla. Mix all ingredients, except butter and vanilla, and boil until it forms a ball when dropped into cold water. Add butter and vanilla and take from the fire and beat until nearly cool. Pour into buttered tins and cut into squares. Chopped nuts may be added, if desired.

—Agnes Doyle, Orland, Ill.

Delicious Fudge.

One-fourth cup butter; 1 cup white sugar; 1 cup brown sugar; ¼ cup molasses; ½ cup cream; 2 squares chocolate (scraped fine); 1½ teaspoons vanilla. Melt butter, mix together in a separate dish, white and brown sugar, molasses and cream; add this to the butter and after it has been brought to a boil, continue boiling for 2½ minutes, stirring rapidly. Add chocolate and boil 5 minutes, stirring at first rapidly and then more slowly toward the end. Take from the fire and add vanilla. Then stir constantly until the mass thickens. Pour into buttered pan, and set in a cool place.

—Florence Carpenter.

Divinity Fudge.

Two cups sugar; ½ cup boiling water; ½ cup corn syrup; whites of 2 eggs, well beaten. Boil sugar, water and syrup together until it forms a ball when dropped into cold water. Pour the boiling syrup into the whites of eggs, stirring all the time until cool. Pour into buttered pan and cut in squares. 1 cup English walnuts may be added, if desired. Flavor to taste.

—Mrs. John Haughey.

Squares of divinity fudge rolled in Croft's milk cocoa are delicious.

—Miss Annie Walton.

Turkish Divinity Candy.

Three cups sugar; ½ cup water; ¾ cup corn syrup (Echo or Karo); 2 whites eggs, beaten stiff. Follow directions for divinity

fudge and when nearly done, add pecan or other nut meats, candied pineapple or cherries. Mold in loaf and cut in slices when cold.

—Mrs. Reckhow.

Caramel Fudge.

Two cups sugar; 2 teaspoons butter; ½ cup cream; 2 teaspoons vanilla; 1 scant cup of caramelized sugar.

Part 1. Place a scant cup of granulated sugar in a steel frying pan and melt slowly over a moderate heat, until it reaches a light brown color and all the granules have disappeared.

Part 2. Place sugar and cream in sauce pan and let cook slowly until boiling point is reached, then add the sugar which has been caramelized; stir for a moment until thoroughly mixed, then let mixture boil until it reaches the "soft ball" stage. Remove from fire, add butter and vanilla and beat until cool and thick. Walnuts, cocoanut or marshmallows are a great addition to this recipe.

—R. M. Carey.

Coffee Fudge.

Two cups sugar; 1 cup rich milk; ½ cup cold coffee; butter size of an egg. Boil ingredients until they make a soft ball in cold water. Then remove from fire and stir until cool. Pour into buttered tins and cut into diamonds.

—Ethel Dullam.

Cocoa Fudge.

One-fourth cup milk; 1¼ cups powdered sugar; pinch salt; 1½ tablespoons butter; 9 teaspoons (level) cocoa; ½ teaspoon vanilla. Put the milk and butter in a sauce pan and when the butter is melted, add the sugar, cocoa and salt. Stir until dissolved, then cook, stirring occasionally until it strings, which takes about 5 to 8 minutes. Add the vanilla, ½ cup chopped nuts. Beat gently and when it just begins to thicken, pour into a buttered pan. When hard, cut in squares. The fudge must not be beaten much, for if it thickens, it cannot be poured into the pan.

Cocoanut Fudge.

Use the recipe for chocolate fudge, omitting the chocolate, and add just before beating some shredded cocoanut. Be careful not to be too generous with it, or the fudge will become grainy.

Maple Sugar Fudge.

Heat 2 cups (1 pound) of maple sugar, grated or broken in small pieces, and ⅔ cup of milk to the boiling point. Add 1 square or ounce of chocolate, and stir constantly until the chocolate is melted. Boil 8 minutes, stirring occasionally. Add ¼ cup of butter and boil about 7 minutes longer, or until a soft ball can be formed, when the syrup is tested in cold water (see recipe for fudge). Remove from the fire and finish as in recipe for chocolate fudge. The chocolate may be omitted. From half to a whole cup of nuts, broken in pieces, may be added.

—Mrs. Charles Reitsch.

"I am glad that my Adonis hath a sweet tooth in his head."

—Lyly.

CARAMELS.

Chocolate Caramels I.

One pound brown sugar; ¼ pound chocolate; ½ cup molasses; ½ cup milk or cream; ½ cup butter; 1 teaspoon vanilla; 1 cup chopped nut meats. Cook all together, except vanilla and nut meats. Cook to 254 degrees F or 124 degrees C. Take from fire, add nuts and vanilla and pour into buttered pan. When cool, cut into squares and then shape into cubes with 2 knives.

—Eldora Welch.

Chocolate Caramels II.

One-half cup butter; 1 cup molasses; 1 teaspoon vanilla; 1½ cups brown sugar; ¼ pound chocolate; ¾ cup milk and a little salt. Follow directions of Chocolate Caramels No. 1.

Vanilla Caramels.

One and one-half cups white sugar; ½ cup molasses; ¼ to ½ cup butter; ¾ cup water. Flavor with vanilla and cook same as chocolate caramel.

Chocolate Candy.

Three tablespoons butter; 3 tablespoons molasses; ⅓ cup milk; 1½ cups sugar; 1½ squares chocolate. Melt the butter, add the molasses and the milk, then add sugar; heat to boiling point and

boil 8 minutes. Add the chocolate and stir until it is melted, then boil 6 minutes more, and add ½ cup English walnut meats and 1½ tablespoons raisins and ½ teaspoon vanilla; beat until creamy.

"Things sweet to taste prove indigestion sour."
—King Richard II.

Maple Penuche.

Two cups brown sugar; 1 cup maple syrup; 1 cup English walnut meats; 1 cup milk; 2 tablespoons butter. Mix sugar and milk, add maple syrup and butter. Cook until it grains. Add nuts. Pour into buttered pan. When cool, cut into long strips.

—Charlotte De Muth Williams.

Southern Pralines.

One and one-half pints C sugar; butter size of walnut; ½ pint cream. Stir all the time while cooking; cook until forms a soft ball in cold water. When done, pour in ¾ pound chopped pecans and a little cinnamon. Beat until nearly cool; drop off the spoon on oil paper.

—Mrs. Robert G. McCord, New Albany, Ind.

Pralines No. I.

One and seven-eighths cups powdered sugar; 1 cup maple syrup; ½ cup cream; 2 cups hickory nuts or pecan meats, cut in pieces. Boil first 3 ingredients until when tried in cold water, a soft ball may be formed. Remove from fire and beat until of a creamy consistency, add nuts and drop from tip of spoon in small piles on buttered paper.

Pralines No. II.

Two cups brown sugar; tablespoon butter; 1 cup water; ½ cup chopped nuts; ½ cup cocoanut. Follow directions of preceding recipe.

—Mrs. Harry B. North.

Maple Cream Candy.

One-half pound maple sugar broken into small pieces; ½ pint cream. Mix ingredients and cook to boiling point for 10 or 15 min-

utes until it begins to harden slightly. Have ready in a buttered pan a layer of pecan or hickory nut meats and pour the mixture over it. Cool and mark into squares.

"One poor penny worth of sugar candy to make thee long-winded."
—King Henry IV.

Butter Taffy.

Two cups sugar; ½ cup water; ½ cup vinegar; ½ cup butter. Boil until brittle in water. Pour in buttered pans and when cool enough can be pulled, if desired.

—Josephine Clifford.

Salt Water Taffy.

Two pounds of C sugar; ½ pound butter; ½ even tablespoon salt; 2 pounds of glucose; 1 ounce glycerine; 2 teaspoons vanilla. Just enough water to wet the sugar so it wont burn while getting started over the fire. Boil; when done, it should break crisply in cold water. Pull and cut in small pieces.

—Miss Jennie Russell.

White Taffy.

Two pounds C sugar; 1 ounce glycerine; ¼ pound butter; 1 pound glucose; ½ even tablespoon salt; 2 teaspoons vanilla. A little water; boil till brittle in water; cool; pull.

—Miss Sarah Williams.

"A perpetual feast of nectar's sweets
Where no crude surfeit reigns."
—Milton—Mask of Comus.

Marshmallows.

Two even tablespoons Knox's gelatine No. 1; 8 tablespoons cold water; 1½ cups granulated sugar; ½ cup cold water. Put the gelatine into 8 tablespoons cold water and let stand until dissolved, then make a syrup of the granulated sugar and ½ cup of cold water; boil until it threads. Beat hot syrup slowly over gelatine, add vanilla and beat as long as possible. Roll out 4X powdered sugar on board, spread mixture over it carefully, cut into squares and roll in sugar.

Fresh Cocoanut Candy.

About 4 cups sugar; cover with water and boil until you can pick up in cold water; add ½ cup grated, fresh cocoanut and cook a little longer. Put out to cool and stir into small flat cakes.

—Maud Fox.

Butter Scotch No. I.

One cup sugar; ½ teaspoon vanilla; 1 teaspoon butter; pinch of soda. Put the sugar in stew pan until all is dissolved. Then add soda and butter and vanilla. Stir all constantly. Boil until when dropped into cold water, it forms a hard ball. Pour onto buttered plates and mark into squares.

—Marie Weldon.

Butter Scotch No. II.

Three cups C sugar; 3 tablespoons water; 1 tablespoon vinegar; ½ cup butter. Follow directions in preceding recipe.

—Charles Brouse.

"The setting sun and music at its close
As the last taste of sweets, is sweetest last
Writ in remembrance, more than things past."

—Shakespeare.

Nougat I.

Three cups granulated sugar; ⅔ cup corn syrup; ½ cup cold water. Boil until syrup will make a firm ball in cold water. Then pour this syrup on the beaten whites of 2 eggs. Beat until it can no longer be stirred. Add chopped nuts and fruit, as desired. Pour into a pan and press down with the fingers. This candy is spongy and doesn't harden like fudge. If made right, it is very good.

Nougat II.

Two cups granulated sugar; ½ cup corn syrup (Karo syrup); ⅔ cup water; 2 tablespoons vinegar. Boil all together. Beat the whites of 2 eggs; when the above mixture will thread when dropped from the spoon, beat about ⅓ of it into the eggs, continue beating while the other ⅔ boils until it hardens when dropped into cold water. Beat this ⅔ into the egg mixture and continue beating until it will stiffen when turned into buttered platter. When it first shows signs of stiffening, which is a slightly dry look, add a large cup of shelled, chopped nuts. Pecans or English walnuts are best.

—Mrs. A. C. Deming.

Molasses Candy.

One cup molasses; 3 cups sugar; 1 cup boiling water; 3 tablespoons vinegar; ½ teaspoon cream tartar; ½ cup melted butter; ½ teaspoon soda. Put first 4 ingredients in kettle over front of range; as soon as boiling point is reached, add cream of tartar, boil until when tried in cold water mixture will become brittle. Stir constantly during last part of cooking; when nearly done, add butter and soda, pour into buttered pan and pull; while pulling, add 1 teaspoon of vanilla.

Horehound Candy.

Three cups C sugar; 1 tablespoon vinegar; ½ cup horehound tea.

Part 1. Steep 1 teaspoonful of horehound leaves in ½ cup of water 5 minutes.

Part 2. Boil together the sugar, tea and vinegar until when dropped into cold water it forms brittle threads like glass. Pour nto buttered tin and mark into squares with a chopping knife.

—Charles Brouse.

Stuffed Dates.

Remove seeds from dates and fill space with meats from English walnuts or almonds. Roll in powdered sugar.

"Their wives have sense like them, they see and smell and have their palates both for sweet and sour."

—Othello.

Nut Candy.

Two cups brown sugar; ½ cup milk; ½ cup water. Boil until forms hard ball in water. Pour over beaten white of egg and beat; add walnuts (black).

—Mrs. Chandler Starr.

Peanut Candy.

Two cups white sugar; 1 cup shelled or chopped peanuts; little salt; piece of butter; ½ teaspoon soda. Put sugar into perfectly smooth granite pan. Stir constantly over fire till sugar is melted to a syrup. Remove from fire and stir in nuts, when stiffened, pour out into buttered tin and let cool.

Peanut Brittle.

Boil together a cupful each of molasses and brown sugar, a tablespoonful of vinegar and 2 tablespoonfuls of butter. When a little dropped in cold water is brittle, add a cup of blanched peanuts. Remove at once from fire; add a teaspoonful of baking soda. Beat hard and pour into buttered pans.

Use syrup as for cracker jack and pour over puffed rice.

—Marion Welch.

Crystallized Fruits.

Crystallized fruits are a delicious confection. The fruits best adapted for this purpose are peaches, pears, plums, pineapples, cherries and currants. A small incision is made in the side of the small fruits to extract the pits. The larger fruits are pared and

quartered, and the pineapple is cut in slices half an inch thick across the fruit. The coarse fibre of the centre should be cut out of each slice. Weigh the fruit, and allow an equal quantity of the best white sugar. Make a rich syrup of a small cup of water to each pound of sugar. Boil for a few minutes, then add the fruit, and cook gently until it is transparent. Remove the fruit carefully onto a wire strainer, and let stand until perfectly cold. Then sprinkle liberally with powdered sugar, and set the strainer on a dish in a moderate warm oven for 2 hours, repeating the process until the juice has ceased to drip and the outside is dry and crystallized. It is then removed from the oven, and allowed to get perfectly cold before it is packed away in boxes between layers of waxed papers.

"Stolen sweets are best."
—Ivid.

Maple and Nut Creams.

Break a pound of maple sugar into small pieces. Add ½ cup of boiling water and boil, without stirring, to the soft ball stage. Remove from the fire and stir until creamy. Drop from a teaspoon in small rounds upon a buttered plate. Finish by pressing the unbroken half of an English walnut meat upon the top of each.

Candied Walnuts.

One cup sugar; ¼ cup water. Boil syrup until thick, just past threading point; add a few drops of vanilla. Turn in 1 cup of walnut meats, stir until sugared. Delicious.

—Miss Radecke.

Glacé Nuts.

Two cups sugar; 1 cup boiling water; one-eighth teaspoon cream tartar. Put ingredients in a smooth sauce pan. Stir, place on range and heat to boiling point; boil without stirring until syrup begins to dissolve, which is 310 degrees F. Wash off sugar which adheres to sides of sauce pan, as in making fondant. Remove the sauce pan from the fire, and place in larger pan of cold water to instantly stop boiling. Remove from cold water and place in a sauce pan of hot water during dipping. Take the nuts separately on a long pin and dip in syrup to cover. Remove from syrup and place on oiled paper.

—Gertrude Gardner.

"And close at hand the basket stood
With nuts from brown October's wood."

Salted Almonds No. I.

Blanch ¼ pound Jordan almonds and dry on a towel. Put ⅓ cup olive oil in a very small sauce pan. When hot, put in ¼ of the almonds and fry until delicately browned, stirring to keep almonds constantly in motion. Remove with a spoon or small skimmer, taking up as little oil as possible. Drain on brown paper and sprinkle with salt; repeat until all are fried.

Salted Almonds No. II.

Blanch ½ pound of almonds by pouring over them 1 pint boiling water; let stand 3 minutes. Drain and cover with cold water. Remove skins and dry almonds on a towel. Fry in hot fat, using equal parts of butter and lard. Drain on brown paper and sprinkle with salt.

—Leola Arnold.

Salted Peanuts.

Use peanuts which have not been roasted. Remove skins and follow directions same as salted almonds No. 1 or No. 2.

Salted Pecans.

Buy the shelled pecans and follow directions given in preceding recipe.

To Clarify Maple Syrup.

Melt sugar in the usual way and take from the stove while quite thin; when cool, add unbeaten white of 1 egg for each quart of syrup; stir well and boil until it is the right consistency, then strain through thin cloth. Syrup prepared this way will keep a long time and will not cake or harden in the syrup pitcher.

—Leola Arnold.

"Sweets to the sweet—farewell."

—Shakespeare.

CHAPTER XXI.

DRINKS AND BEVERAGES.

Drink to me only with thine eyes
And I will pledge with mine
Or leave a kiss but in the cup
And I'll not ask for wine.

The thirst that from the soul doth rise
Doth ask a drink divine;
But might I of Jove's nectar sup
I would not change from thine.

—Ben Johnson.

WINES.

God made Man frail as a bubble
God made Love—Love made Trouble.
God made the Vine; was it a sin
That Man made Wine to drown Trouble in?

—Anon.

The rule for service of wine at a dinner party calls for white wine with the fish. Sherry with the soup. Claret and champagne with the roast. Maderia and port wines with the game. Maderia and port are decanted and should not be cold, but of the temperature of the room. Champagne is either sweet or "dry" and must not be decanted, but kept in ice pails and opened when needed.

Wine is good
Love is good
And all is good if understood.
The sin is not in doing
But in overdoing.
How much of mine has gone that way
Alas—How much more that may!

To Mull Wine.

An Excellent French Recipe.

Boil in a wineglassful and a half of water a quarter of an ounce of spice (cinnamon, ginger slightly bruised, and cloves), with 3 ounces of fine sugar till they form a thick syrup, which must not, on any account, be allowed to burn. Pour in a pint of port wine and stir it gently till it is on the point of boiling only; it should then be served immediately. The addition of a strip or two of orange rind, cut extremely thin, gives to this beverage the flavor of bishop. In France light claret takes the place of port wine in making this, and the better kinds of Vins du Pays are very palatable thus prepared: Water, 1½ wineglassful; spice, ¼ ounce, to make which quantity use about 24 cloves and the rest of the amount in rather more ginger than cinnamon, and 3 ounces of sugar. Boil 15 to 20 minutes. Port wine or claret, 1 pint, added last. If orange rind is used, it should be boiled with the spices. (Taken from an old English cook book, published in 1845).

Port Wine.

Good imported port wine, 3 gallons; good prepared cider, 12 gallons; juice of elderberries, 3 gallons: good brandy, 1½ gallons; cochineal, 3 ounces. Pulverize the cochineal very fine, put it with the brandy into a stone jug; let it remain at least 2 weeks. Have cider ready and put 6 gallons of the cider into a 20 gallon cask. Add to this the elder juice, port wine, brandy and cochineal. Take the remaining 6 gallons of cider with part of which clean out your jug that contained the brandy, and pour the whole into the cask; bung it tight and in 6 weeks it will be ready for use.

Wines—Currant, Blackberry or Elderberry.

These all have powerful medicinal properties, and every family should have at least one kind on hand. The cost of the wine is nothing compared to the benefit derived from using it, when needed, as it often saves the expense of medicines, as well as doctor's bills, besides being more palatable to take than medicine.

Red or White Currant Wine.

First place the fruit in a tub or jar and mash or crush it. A better way is to put it in a kettle over the fire, crushing some of the fruit when first put in, and adding a very little water, just enough to keep it from burning. Boil until soft, then put through a cloth

lined cylinder. To each quart of juice obtained, add 3 quarts of water and 2½ to 3 pounds of sugar, according to taste. Put the mixture in a keg, leaving the cork or bung loose, or put it in a tub or jar, covering the same with a thin cloth so that the air may have access to it. Set it aside and allow it to ferment for about 10 days, or until fermentation ceases. It is a good plan to skim it occasionally with a perforated skimmer while fermenting. After that pour it in bottles or jugs, allowing the corks to remain very loose, as it will work again for 2 or 3 days. Then when through working, take out the corks and fill bottles with juice reserved for that purpose. After all signs of fermentation cease, put in the corks very tight, tie or wire them in and seal. Wine is best kept in a cool place. Blackberry, elderberry, grape or rhubarb wine may be made in the same way with the exception that a smaller proportion of sugar is required for blackberry and elderberry wine.

Elderberry Wine No. II.

Water, 5 gallons; elderberry, 5 gallons; white sugar, 22 pounds; red tartar, 4 ounces. Put these into cask, and add a little yeast and let it ferment. When undergoing fermentation, add ginger root, 2 ounces; allspice, 2 ounces; cloves, ½ ounce. Put them into clean cotton bag and suspend in the cask. They give a pleasant flavor to the wine, which will become clear in about 2 months, and may then be drawn off and bottled.

Currant Wine No. II.

Take 1 pailful of water to every pailful of currants on the stem. Wash and strain; add 3¼ pounds of sugar to every gallon of the mixture of juice and water. Mix well and put into the cask, which should be placed in the cellar on the tilt, so that it can easily be racked off in October without stirring up the sediment. 2 bushels of currants will make 1 barrel of wine. Fill the barrel within 3 inches of the bung, and make it air-tight by placing wet clay over it after it is driven in.

Cherry Wine.

To make 10 pints of this wine take 30 pounds of cherries and 4 pounds of currants; bruise and mix them together. Mix with them ⅔ of the kernels and put the whole mixture into a barrel with ¼ pound of sugar to every pint of juice. The barrel should

be quite full. Cover the barrel with vine leaves and sand above them, and let stand in a cool place until through working, which will be in about 3 weeks; then stop it with a bung and in 2 months it may be bottled.

Apple Wine.

To each gallon of cider, as soon as it comes from the press, add 2 pounds of loaf sugar; boil as long as any scum arises, then strain through a sieve and let it cool; now add some good yeast, mix well; let it work in the tub 2 or 3 weeks, then skim off the scum; draw it off close and turn it; let it stand about a year, then rack it off and add 2 ounces of isinglass to the barrel; then add ½ pint spirits of wine to every 8 gallons.

NOTE—The old recipes all speak of gelatine as isinglass.

Ginger Wine.

Bruised ginger, 4 ounces; lump sugar, 10 pounds; water, 5 gallons. Add 2 eggs. Boil well and skim. Then pour hot on 3 or 4 lemons, cut in slices. Macerate for 2 hours, then rack and ferment. Add spirits, 1 quart; finings, ½ pint; rummage well; to make color, boil saleratus, ½ ounce; alum, ½ ounce; in 1 pint of water till you get a bright color.

Lemon Wine.

Water, 15 gallons; raisins (bruised) 8 pounds; sugar, 30 pounds. Boil, then add cider, 7 gallons; ferment and add spirits, 1½ gallons; white tartar, 6 ounces; essence of lemon, 1 ounce; finings, ½ pint. Shake well the essence with a pint of the spirit until it becomes milky before adding to the wine.

Dandelion Wine.

Two quarts of blossoms without any stems (which would make the wine bitter). Pour over them 1 gallon of boiling water and let stand 3 days and nights, then strain and add 3 pounds of white sugar, 2 sliced lemons and 2 sliced oranges. Boil for 5 minutes. When cooled sufficiently to be about milk warm, add 1 tablespoonful of good yeast and put in a jug to ferment. Keep the jug full until fermentation ceases, and bottle in about 6 weeks.

—MRS. W. P. LAMB.

Grape Wine.

Water, 4 quarts; grape juice, 4 quarts; sugar, 8 pounds. Extract the juice in any simple way, if only a few quarts are desired. One can do it with a strainer and a pair of squeezers. Use perfectly ripe grapes. After the first pressing, put a little water with the pulp and press a second time, using the juice of the second pressing with the water to be mixed with the clear grape juice. Put in a keg and fill even full. After fermentation has taken place and the scum removed, drain off, bottle and cork tightly.

Unfermented Wine.

Pick the grapes well ripened; remove carefully all decayed and unripe fruit. Mixed varieties of grapes may be used. Express the juice and boil as long as any scum arises; skim carefully from time to time; do not boil over an hour; bottle it while hot, and seal either in glass bottles, jugs or air-tight casks. It is in condition to be used at any time, but after it is once opened it must not be allowed to ferment. With the exception of strawberry syrup, this will be found to be the most delightful and exhilarating of all unfermented beverages. It needs no sugar, and may be diluted when served.

Unfermented Grape Juice.

Ten cupfuls Concord grapes; 6 cupfuls water; 2 cupfuls sugar. Mash the grapes and cook in 3 cups of the water; strain; add to the skins and seeds 3 more cups of water and cook again; strain. Add to the strained juice the 2 cups of sugar and boil 5 minutes. Skim, bottle hot in air-tight jars. In serving, add sugar and sliced lemon or lemon juice, ice and the grape juice. This is a simple, but delicious drink.

"Good wine needs no bush."
—"As You Like It."

CORDIALS.

For highest cordials all their virtues lose
By a too frequent and too bold a use.
And what would cheer the spirits in distress,
Ruins our health when taken to excess.

—JOHN POMFRET, in "The Choice."

Mint Cordial.

Crush a large bunch of mint and soak the leaves for 1 hour in the strained juice of 2 lemons and the grated rind of 1. Cook together 1 pint of water and the same amount of sugar until the syrup threads. Take from fire and stir into it the lemon and mint, the juice of an orange and, if at hand, an equal amount of pineapple juice. Strain and add enough cold water to make a rich beverage. Ice and serve. The use of apollinaris water or seltzer improves it.

Blackberry Cordial.

Put berries in a kettle with a very little water and cook until soft, then turn into a press cylinder, first putting in a thin muslin cloth large enough to fold over the top of the fruit. After pressing out the juice add to each pint of juice 1 pound of loaf sugar, ½ ounce of powdered cinnamon, ¼ ounce of mace, 2 teaspoonfuls of whole cloves and boil all together for 15 minutes and strain. To each quart add 1 pint of good French brandy. It is then ready to be bottled. Before using, dilute with water, if necessary. This syrup is a sovereign remedy for all summer complaints.

Quince Cordial.

Use ripe, sound quinces; rub off fur, cut in small pieces; pour over just enough cold water to cover, and simmer until the pulp is soft. Put in a double cheese cloth bag and let it drip over night. Do not squeeze or press because what remains in the bag can be taken through a sieve and used for marmalade. Measure the juice, add ½ pint of granulated sugar to each pint of liquid, also 2 blanched peach kernels. To 3 pints allow 2 cloves. Boil for 15 minutes. Skim well, remove from fire, strain and add ⅓ pint of brandy to each pint of syrup. Turn into a stone jar, protect the opening with cheese cloth, let stand a week and then bottle and cork securely. It may be used in 2 months, but is better if kept 1 year.

CIDER.

"The cups that cheer but not inebriate wait on each."
—Wm. Cowper.

Pear, Orange, Grape or Apple Cider.

Cider may be made from pears, oranges or grapes as well as from apples. Put the fruit over the fire with barely enough water to keep from burning, and cover, letting it steam or cook slowly until soft. Press out all juice and the result is a pure cider. In making orange cider, peel fruit and it is then easily pressed without heating.

To Keep Cider Sweet.

Cider may be kept sweet for 10 years by first putting it in a kettle and bringing it to a boil. Set bottles in a pan of cold water on the stove and allow the same to come to a boiling heat. Fill the bottles, as they stand in the hot water, with the cider. Set aside to cool, then cork and seal.

Champagne Cider.

Make cider from foregoing recipe and after filling strong pop bottles, add 3 raisins and 1 teaspoonful of syrup or sugar to each pint of juice. Wire corks in tightly and seal.

BEER.

"I do now remember the poor creature, small beer."
—King Henry IV.

Cottage Beer.

Water, 10 gallons; good sweet wheat bran, 1 peck; good hops, 3 handfuls. Boil all together until the bran and hops sink to the bottom. Strain through a thin cloth and when about luke warm, add 2 quarts of molasses. As soon as the molasses is melted pour the whole into a 9 or 10 gallon cask, with 2 tablespoons of yeast. When fermentation ceases, bung up the cask and in about 4 days it will be ready for use.

Ginger Beer.

Honey, 1 pound; sugar, 20 pounds; lemon juice, 18 ounces; yeast, 6 pints; water, 18 gallons; bruised ginger root, 22 ounces. Boil the ginger ½ hour in a gallon of water, then add the rest of the water and the other ingredients, and strain, when cool. Add the whites of 2 eggs, beaten, and 1 ounce of essence of lemon. Let it stand for 4 days and then bottle and it will keep a long time if you don't drink it.

Hops Beer.

Hops, 6 ounces; water, 5 quarts. Boil 3 hours, then strain off the liquor. Pour on 4 quarts of water and 12 spoonfuls of ginger and boil the hops 3 hours longer. Strain it and mix with the other liquor and stir in 2 quarts of molasses. Brown, very dry, ½ pound of bread and put in—rusked bread is best. Pound fine and brown in a pot like coffee. After it has cooled so that it is luke warm, add a pint of new yeast that is free from salt. Keep the barrel covered in a cool place until fermentation ceases, which you may know by the settling of the post. Turn into kegs or bottles and keep in a cool place.

Jamaica Ginger Beer.

One 4 ounce bottle of Jamaica ginger; 1 ounce cream of tartar; 6 quarts of water; 1 pound of sugar; grated rind of 1 lemon. Mix and heat through, add a tablespoonful of brewer's yeast. Bottle, tie the corks and lay in cellar. Good in 4 days.

"What harm in drinking can there be
Since punch and life so well agree."
An Epigram on Punch.
—Thomas Blacklock.

A delicious claret punch for luncheons or suppers is made from claret, vichy, lemons, sugar and cracked ice, in proportions to suit the taste. Roman punch is a lemon sherbet, to which Jamaica rum has been added in the proportion of 1 cupful of rum to 1 quart of sherbet.

Roman Punch.

Three cups of good lemonade; 1 glass of champagne; 1 glass of rum; whites of 2 eggs; ½ pound of sugar; juice of small orange. Mix well and serve in glasses half filled with broken ice.

Claret Punch.

One quart of claret; ½ pint of ice water. Cover 2 lemons, sliced thin, with ½ cup of powdered sugar and let stand 10 minutes. Add the water and wine and mix well. Serve in glasses with ice.

Old Bachelor's Punch.

Put into ½ pint tumbler the very thin rind of a fresh lemon and fill with boiling water; squeeze the juice into a second glass of the same size, and fill it nearly to the brim with sugar lumps; then pour in as much boiling water as it will contain, and when the sugar is dissolved, turn the contents of both glasses into a hot jug; add a tablespoonful of fine currant jelly; stir the whole well; keep it very hot, and add to it as much spirit as will make it pleasant, but in the proportion of 2 glasses brandy to 1 of rum.

Taken from an old English Cook Book, printed in 1845.

Temperance Punch.

Upon a tablespoon of good tea pour 2 quarts of boiling water. Meantime have ready the juice and peelings of 3 lemons and 1 orange, in a pitcher. When the tea has steeped 5 minutes, strain it into the pitcher of fruit juice, add sugar to taste and cool. Serve in glasses with ice.

Ginger Punch.

One quart of cold water; 1 cup of sugar; ½ pound of Canton ginger; ½ cup of orange juice; ½ cup of lemon juice. Chop ginger, add to water and sugar and boil for 15 minutes. Add fruit juices, cool and strain. Serve with ice. Apollinaris water may be added, if desired, also several spoons of ginger syrup if the chopped ginger is not strong enough to flavor.

Unfermented Grape Punch.

Juice of 3 lemons; juice of 1 orange; 1 pint of grape juice; 1 quart of water; 1 cup of sugar. If served from a punch bowl, add sliced oranges and pineapple. This makes a dainty punch for receptions and special occasions.

Punch à la Naples.

Two cups of water; 2 pounds of rhubarb; 1 cup of sugar; 1 cup of orange juice; ¼ cup of lemon juice; ½ cup of pineapple juice; ¼ cup of ginger syrup; 1 small bay leaf. Slice rhubarb without peeling it, cover with the water, add bay leaf and cook until tender. Strain, add sugar, boil 5 minutes more, add fruit juice and cool. Ice and serve.

Castalia Punch.

One can grated pineapple; 3 cups boiling water; 1 cup strong, freshly made tea; 4 cups sugar; juice of 6 oranges; juice of 5 lemons; 2 cups of strawberry juice; 1 cup Maraschino cherries; 1 quart apollinaris water; 5 quarts water. Spring mint leaves and grapes. Serve in a punch bowl with ice.

Fruit Punch.

Six bananas; 6 oranges; 4 lemons; 1 pint strawberry juice; 4 cups sugar; 4 cups water; 6 quarts ice water; 1 split apollinaris; 1 cup freshly made tea. Boil the 4 cups of water with the sugar 15 minutes and when cool, add the juice of oranges, lemons, strawberries, the pulps of 4 of the bananas and the tea. Let stand on ice until time of serving, then add ice cold water, the apollinaris and the pulp of the other 2 bananas, cut in slices ¼ inch in thickness.

LEMONADE.

For Picnics or Private Parties.

Cut the lemons in small pieces and put in a press to extract the juice. To each quart of water and ice allow 2 large lemons and from a quarter to a third of a pound of sugar, according to taste.

Seltzer Lemonade.

Juice of 1 lemon; 2 tablespoons of sugar; small chunks of ice and seltzer or apollinaris water to fill up the glass.

Fruit Lemonade.

Boil 1 cup of sugar and 2 cups of water 10 minutes. Cool, and add 1 cup of lemon juice, 1 cup of preserved cherries, strawberries or raspberries, and dilute with a small amount of water. Serve with lumps of ice.

Pineapple Lemonade.

Make a syrup by boiling 1 pint of water and 1 cup of sugar 10 minutes. Add 1 can of grated pineapple and the juice of 3 lemons. Cool, strain and add 1 quart of ice water. Serve in lemonade glasses.

Ginger Lemonade.

The juice of 3 lemons; 6 glasses of water; enough sugar to sweeten; a cup of cherry juice, or the juice left from a cherry sauce, with a few cherries left in it. Mix all together and set away to cool. When ready to serve, add 1 pint of ginger ale and lumps of ice.

—CHARLES BROUSE.

Irish Moss Lemonade.

One-fourth cup Irish moss; 2 cups boiling water; 4 tablespoons lemon juice; sugar to taste. Soak, pick over and wash the moss, soaking ½ hour. Pour off water and add the boiling water. Cook until syrup-like; keeping it just below boiling point. If it becomes too thick add more hot water. Strain, add the lemon juice and sugar. Serve hot. This is excellent for sore throat and cold on the lungs or any inflammation of the mucous membrane.

Delicious Milk Lemonade.

Dissolve 6 ounces of loaf sugar in a pint of boiling water and mix with them a quarter of a pint of lemon juice, and the same quantity of Sherry; then add ¾ of a pint of cold milk; stir the whole well together and pass it through a jelly bag till clear.

Taken from an old English Cook Book, printed in 1845.

Excellent Portable Lemonade.

Rasp, with ¼ pound of sugar the rind of a very fine juicy lemon; reduce it to a powder, and pour on it the strained juice of the fruit. Press the mixture into a jar and when wanted for use, dissolve a tablespoonful of it in a glass of water. It will keep a considerable time. If too sweet for taste of the drinker, a very small portion of citric acid may be added when it is taken.

This is taken from an old English Cook Book, printed in 1845.

SUMMER DRINKS AND SYRUPS.

Made from Berries and Small Fruit.

Fruit Sherbet.

Mash any ripe fruit and pass it through a sieve. To every quart of juice add a quart of water and sweeten to taste with powdered sugar. When the sugar has dissolved, strain again and keep in the refrigerator until wanted.

Strawberry Sherbet.

One quart of berries, crushed to a paste; 3 pints of water and the juice of 1 lemon. Mix and let stand 3 hours. Strain out juice and add 1 pound of sugar. Stir well and set on ice until ready to serve.

Pineapple Ade.

Take fresh, ripe pineapples; pare and cut them into thin slices and then into bits. Put into a large pitcher and sprinkle with powdered white sugar; pour on boiling water in the proportion of ½ gallon of water to each pineapple. Cover the pitcher and let the fruit infuse into the water until it becomes quite cool, stirring and pressing down the fruit occasionally with a spoon to get out as much juice as possible. When it is cool, set on ice. Serve with sugar and ice in each glass.

Raspberry Vinegar.

Put a quart of berries into a dish and pour over them 1 quart of cider vinegar; let stand 24 hours, then strain through a flannel bag and pour this liquor on another quart of berries; do this for 3 or 4 days successively and then strain it. Make very sweet with loaf sugar; bottle and seal. Use 1 tablespoon in a glass of ice cold water, to drink in warm weather.

Raspberry Royal.

Put 4 quarts of berries into a stone jar and pour over them 1 quart of cider vinegar and add 1 pound of sugar. Mash berries to a paste and let stand in the sun 4 hours. Strain out all the juice and add 1 pint of brandy. Put in bottles and lay in the cellar. Use about 2 tablespoons of the juice in a glass of ice water when serving.

Raspberry Cup.

Mash and strain 2 cups of currants stripped from the stems. Mash also an equal quantity of raspberries. Mix the juices, sweeten to taste and serve in glasses with ice and cold water.

Blackberry Shrub.

For every cupful of fruit juice take ½ cup of cider vinegar and 2 cups of sugar. Put fruit, sugar and vinegar over the fire, stir until sugar melts, and boil down to a thick syrup. Skim, strain and bottle. When serving, allow ¼ cup of syrup to ¾ of a cup of ice water.

For raspberry shrub use ripe red raspberries and prepare the same as blackberry shrub.

Cherry Nectar.

1. Two quarts of stemmed red cherries
   In three cups of vinegar stand
   For three or four whole days at least
   Then strain through cloth by hand.

2. To every pint of liquid tart,
   Add pint of sugar, too;
   Boil twenty minutes, bottle tight—
   And you have a "temperance brew."

3. This nectar, well diluted, pour
   In glasses of cracked ice;
   Upon a warm or sultry day
   Refreshing 'tis, and nice.

Fruit Shrub.

Use the ripe fruit of either cherry, currant or strawberry. Add 1 cup of water to every quart of fruit and cook until soft, then press out all the juice as one would if making jelly. Strain through cheese cloth and allow a cup of sugar to each pint of juice. Boil to a syrup and strain again. Bottle while hot and seal. When serving, dilute with water to taste and chill with cracked ice.

Flavoring Syrups.

Made from strawberries, raspberries, pineapples and in the following way: Put the fruit in a kettle over a fire with sufficient

water to prevent burning. When boiled thoroughly soft put through a press, using a cloth lined cylinder. To each pint of juice add ¾ of a pound of loaf sugar and put over the fire. As soon as it comes to a boiling heat, pour in bottles that are standing in boiling water, and set aside a few minutes to cool. Seal tightly. If properly made, it will keep 10 years.

Soda Syrup, with or Without Fountain.

The common syrups are made using the following: Pure water, ½ gallon; gum arabic, 1 ounce; crushed sugar, 4 pounds. Mix and boil until the gum is dissolved, then skim and strain through white flannel. After which add tartaric acid, 2¾ ounces, dissolved in hot water. To flavor, use extract of orange, rose, pineapple, peach, sarsaparilla, strawberry, lemon, etc.; ½ ounce to each bottle, or to suit your taste.

MISCELLANEOUS DRINKS.

"Put this in any liquid thing you will and drink it off."
—Romeo and Juliet, VI.

Summer Zephyr.

Cut into thin slices 1½ pounds of rhubarb and cover with water. Add a stick of bark cinnamon and a bay leaf and cook until fruit becomes tender. After straining, add 1 cupful of sugar and simmer 10 minutes. Then add 1 pint of orange juice, the juice of 3 lemons and ½ cupful of preserved ginger juice. Cool, and serve in tall glasses with shaved ice.

Sassafras Mead.

Three and one-half pounds brown sugar; 1½ pints molasses; 2 quarts boiling water; ¼ pound tartaric acid. Stir and strain. When cool, add ¼ ounce of essence of sassafras. Put in glass jars or bottles. To serve, use ¼ glass of syrup and ½ glass of water. Add a small pinch of soda. Stir quickly and drink while foaming.

—Mrs. Dwight Cutler.

Mint Julep.

One quart water; 2 cups sugar; 1 pint claret wine; 1 cup strawberry juice; 1 cup orange juice; juice 8 lemons; 1½ cups boiling water; 12 sprigs fresh mint. Make syrup by boiling quart of water and sugar 20 minutes. Separate mint in pieces, add the boiling water, cover, and let stand in warm place 5 minutes; strain, and add to syrup; add fruit juices and cool. Pour into punch bowl, add claret and chill with large piece of ice; dilute with water. Garnish with fresh mint leaves and whole strawberries.

Mint Sangaree.

Crush 2 or 3 sprays of mint with a lump of sugar. Put into a glass half full of cracked ice. Add 4 tablespoons of grape juice and fill the glass up with charged water. Shake and strain into another glass.

Sangaree.

Juice of 2 lemons; juice of 3 oranges; juice of 1 pineapple; 1 cup of powdered sugar; 1 cup of halved cherries; shaved ice; water as needed. About 1 pint of grape juice or home-made wine is a good addition. If made when cherries are not available, grapes can be used.

—Mrs. Robert McCord, New Albany, Ind.

Syllabub.

One-half pound of sugar; 1 quart of luke warm cream; 1 glass of wine. Dissolve the sugar in the wine, then pour on the cream slowly, holding the cream pitcher high above the sugar and wine so as to make the mixture froth.

Egg Nog I.

One egg; speck of salt; 1 tablespoon sugar; ⅔ cup milk; 1½ tablespoon wine or 1 tablespoon brandy. Beat the egg, add the sugar and salt; blend thoroughly, add the milk and liquor. Serve immediately.

Note: Have eggs and milk chilled before blending. A grating of nutmeg may be substituted for the stimulant.

Egg Nog II.

One egg; 1 tablespoon sugar; speck of salt; ½ cup of milk; 1 tablespoon brandy. Separate egg. Beat yolk, add sugar and salt and beat until creamy. Add milk and brandy. Beat the white until foamy, but not stiff and dry, and fold in lightly. Serve immediately.

Buttermilk.

Buttermilk should always be served ice cold. On a hot day a glass of buttermilk and a cracker or bit of salted toast will often prove a sufficient luncheon.

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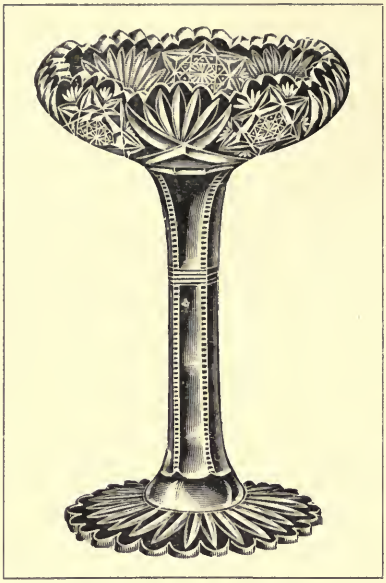

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CHAPTER XXII.

CHAFING DISH RECIPES.

Over forty years ago, before the days of dining cars on the railroads, a party of Chicago gentlemen decided to take a journey to the Pacific Coast. Those were not the days of rapid transit and a journey to California meant a week or more of travel. It was the custom then for the trains to stop at railroad eating houses "twenty minutes for refreshments" and very poor meals they were. Not relishing the idea of eating such food these travelers tried an entirely new experiment. There was living in Chicago at that time a young man by the name of Kinsley, who kept a small restaurant. His reputation for cooking was excellent. One of the party was delegated to ask Mr. Kinsley if he would go with them and in some way manage to cook for them some good meals on the train. He consented to do so, carried food and chafing dishes and with the latter alone cooked and served to the party delicious meals of all kinds during the entire journey. He gained a great reputation for this and it was the beginning of his career as a famous caterer of national repute. He amassed a large fortune and became one of the leading business men of Chicago.

In a chafing dish can be cooked potatoes and other vegetables in various ways, eggs in all styles, cheese, oysters, clams, lobsters in many ways, birds, prairie chicken, steaks, chops, mushrooms, sweetbreads and many kinds of desserts.

Chicken Terrapin.

Put in the chafing dish the dark meat of cold chicken, turkey or shrimp; cut in small pieces, with a pint of cream or stock and when it comes to a boil, stir in the following mixture: 2 tablespoons of butter, rubbed into a smooth paste with a tablespoon of flour, and the yolks of 3 eggs; a teaspoonful of dry mustard; a little cayenne pepper and salt, all mixed with a little cream or stock. Let it simmer a few minutes (not boil) and serve.

—Mrs. J. D. Waterman.

Lobster Newberg.

One pint of lobster meat cut into small pieces; 4 eggs (yolks); 2 tablespoonfuls of melted butter; 2 teaspoons of brandy; 2 teaspoons of Sherry; cream. Whip the yolks of the eggs and put in a large cup and fill up the cup with cream; add a little salt and a dash of cayenne pepper. Put the lobster in a chafing dish with the butter, let it simmer 3 minutes and add brandy and Sherry and cook 3 minutes and add the cream and eggs and cook about 3 minutes more. Serve hot on square crackers.

—Mrs. Mutell.

Creamed Shrimps.

Half a pound fresh shrimps, picked up fine; ½ teacup of butter; 1 teacup of cream; ¼ cup dried bread crumbs; a small teaspoon dried mustard; salt; white and red pepper to taste; yolks of 2 eggs. Mix the mustard with a little cream, heat the butter and cream in the chafing dish. Add very gradually the beaten yolks of the eggs, the bread crumbs and seasoning, and lastly the shrimps. Cook but 2 minutes and serve at once on wafers or rounds of bread.

Welsh Rarebit I.

One-half pound cheese; 1 tablespoon melted butter; ¼ teaspoon pepper; 2 eggs; ½ teaspoon salt; 1 teaspoon mustard; ½ cup cream. Grate the cheese and put in chafing dish with the butter to dissolve. Beat the eggs and add the cream, salt, mustard and pepper and mix all with the cheese and butter. Use the hot water pan under the blazer and cook until thick and creamy. Serve on toast or wafers.

Welsh Rarebit II.

One-half cup cream (or milk with a little butter); 1 cup grated cream cheese. Cook in chafing dish till it is soft and creamy. Do not stir, as it will make it tough. Add black or cayenne pepper and serve on toast.

—Mrs. Wait Talcott.

A Digestible Cheese Dish.

Cream together 1 tablespoon of butter and 2 tablespoons of flour with a little salt and a dash of paprika. Add ½ a cup of sweet cream or milk, stir until smooth and add 1 cup of tomato juice; keep on stirring and add 1 large cup of grated cheese and when

smooth and creamy, add 1 beaten egg and serve on wafers or squares of toast. This is a chafing dish creation which is positively digestible.

—Mrs. John Petry.

Sardine Canapé.

One box of boneless sardines; 4 eggs (boiled hard and chopped fine); 3 tablespoons of bread crumbs; ½ pint of cream or very rich milk; 1 large tablespoon of butter. Melt the butter, add the cream and crumbs, sardines and eggs and season to taste with salt and paprika. Cook till heated through and serve on crisp toast very hot.

French Eggs in Double Cream.

Boil hard 7 eggs and cut 6 into lengthwise strips. Heat in chafing dish ½ pint of the thickest cream you can get, add a little salt, paprika and 2 tablespoons of Sherry, then add the egg strips. Serve on small slices of buttered toast and grate over all the seventh egg.

Scrambled Egg with Tomato Sauce.

Six eggs; 1¾ cups tomatoes; 1 teaspoonful sugar; 2 tablespoons butter; 1 slice of onion; ¼ teaspoonful salt; dash of pepper. Simmer in chafing dish the tomatoes, sugar, butter and onion for 5 minutes. Remove onion, add seasoning and eggs, slightly beaten. Cook as usual for scrambled eggs.

—Miss Farmer.

Lalapaloozer.

One onion, medium size; 1 tablespoon butter; 1 pint of tomatoes, canned, or same amount of fresh ones cooked; 6 eggs (well beaten); red pepper and salt to taste. Cut up the onion and fry it with the butter in the chafing dish until it becomes dry and brown, add the tomatoes. When the mixture boils, put in the eggs and stir until the eggs scramble and it all becomes thick. Serve on toast crackers. This serves 6.

—Miss Helen Crumb.

Venetian Egg.

Melt 4 tablespoons of grated cheese in chafing dish, then add 1 can of tomatoes and a slice of onion (chopped). Cook till tomatoes are heated through, then add a piece of butter the size of an egg and lastly 4 eggs. Stir and cook till creamy.

—Mrs. Read.

English Monkey.

Two eggs; 1 cup of cheese, cut fine; 1 cup of bread crumbs; 1 cup of milk; butter the size of an egg; salt, pepper to taste; a teaspoon of mustard. Melt butter and cheese until soft and add seasoning, then add bread crumbs which have previously been soaked in the milk for a few minutes. Lastly, add eggs, not beaten, and cook. Serve on wafers or buttered toast.

—Mrs. Read.

Pigs in Blankets.

Drain and dry large oysters. Pin around each a thin slice of bacon, using a wooden tooth pick. Cook in hot blazer until the bacon is brown and crisp. Serve hot on small pieces of toast. Garnish with parsley.

—Miss Crumb.

Poor Knights.

Take thick slices of stale bread and dip in sweetened milk to which has been added a little flavoring. Dip each slice in beaten egg. Fry in blazer in hot lard, brown well on both sides, sprinkle with powdered sugar and serve hot.

Chocolate Canapé.

Two cups of sugar; ½ cake of chocolate (cut up); 2 tablespoons butter; ½ cup of raisins or nuts or both; ⅓ cup of hot water. Melt the chocolate, butter and sugar together, add raisins and nuts. Cook till it is thoroughly dissolved and melted together. Add the water last to thin it. Cook with the double pan. Serve on slices of sponge cake with a heaping teaspoonful of whipped cream on top.

—Mrs. Wood.

CHAPTER XXIII.

JELLIES, CANNING, PRESERVES, PICKLES.

"Hunger is the best seasoning for meat."

JELLIES.

Jelly Making.

If acid fruits or juices are boiled with cane sugar, the sugar, under the influence of heat and moisture, and because of the acid, is divided into two sugars, one-half of which is dextrose, the other half levulose. The latter is usually in a syrup form. Syrup-like jelly has been boiled too long, because the sugar has split. It is more difficult to make jelly from an acid fruit. If the fruit is over-ripe, and an equal amount of sugar is used, crystals are formed, especially from grapes.

The most satisfactory jelly test is that point at which the hot jelly forms a sheet, "jells," when dropped from a cold spoon. By this test there is no loss of time as in the usual one of cooling a small amount of hot jelly. If jelly is not thick enough when cold, put in the sun to harden; cover with panes of glass.

To summarize: avoid over dilution of juice; avoid an over supply of sugar; avoid over cooking of juice and sugar.

Crabapple, Quince, Japan Quince, Lady Blush Apples, Black Currants.

These fruits will make a firm jelly with 1 part sugar to 2 parts fruit juice. Do not pare the fruit, but remove the seeds and cores; cover with cold water and boil 20 minutes; drain through a jelly bag and boil 10 minutes, add the sugar which has been heated, let it come to a boil and try immediately; if done, skim and pour in glasses. When pefectly cold, cover with paraffine or with paper dipped in white of egg. Keep in a dry place.

Grape, Blackberry, Raspberry, Currant, Strawberry.

These fruits make jelly easily; and are treated in the same manner as the preceding, only that an equal amount of sugar is used, with 1 exception: Use 2 parts sugar to 3 parts juice for grapes.

Plum.

Use water sparingly for plums.

Raspberry and Currant.

A delicious jelly may be made by using equal parts of currants and raspberries, red or black.

Strawberry Jelly.

Fill jelly glass ½ full of sun-preserved strawberries free from the syrup. Then fill glass with hot currant jelly, stirring the strawberries evenly through as mixture cools.

—Mrs. S. N. Jones.

Marbled Jelly.

Put in the bottom of a jelly glass a layer of dark jelly (grape or plum), let it cool and harden, then put in carefully a layer of apple, then another dark layer, then one of light, as green grape. Every time jelly is made a layer may be put in a glass and covered till another kind is made. This makes a pretty garnish for meats or desserts.

Cranberry Jelly.

Add a cup of water to a quart of cranberries. Boil about 15 minutes or until soft. Take off and press through a sieve. Put in a double boiler and stir in 1 pint of sugar and boil about 5 minutes. Turn into molds to harden. Do not take out of mold till time to serve, as cranberry jelly does not stand long without beginning to melt. Do not have cranberries too ripe.

CANNING.

Rules.

To insure success in canning fruits, two points must be observed: First, the fruit must be fresh and not over ripe. Second, the cans, tops, rubbers and all utensils used, must be thoroughly sterilized with boiling water.

Small Fruit.

Prepare the fruit, add sugar to taste, put over a slow fire and bring to a boil; simmer a few moments, skim and can. Water may be added if more juice is desired. These fruits may be canned with perfect success without sugar and will better retain the flavor of the fresh fruit. Use a little water to prevent scorching.

Large Fruit.

For large fruits such as peaches, pears and plums make a syrup of 1 pound of sugar to 1 pint of water. Let it boil; skim, add the fruit, cook slowly till tender and seal.

Another Method.

Place a wooden or wire rack in a boiler. Fill the cans with fruit, lay the covers on loosely; place in the rack and put on cold water the depth of the rack. Let it boil 10 or 15 minutes. Meanwhile prepare a rich syrup, putting in some of the fruit to flavor it. Take out the cans, fill them with the syrup, screw the covers on tight, replace in the boiler and boil till done. Small fruits should boil 15 minutes, large ones about ½ hour. Let the cans remain in the boiler until cold.

To Can Strawberries Without Cooking.

Use nice firm berries (be sure they are not picked after a rain). Fill the cans, shaking them down, pour over them boiling hot syrup in the proportion of 5 quarts of sugar to 2 quarts of water; seal. Place the cans in a deep receptacle and cover with boiling water. Let them stand in the water till cold. All kinds of fruit may be canned in this way.

—Mrs. Murray Carpenter.

To Can Strawberries, Cherries or Raspberries.

Four quarts of fruit; 1 quart of sugar; 3 tablespoons water. Put in granite or porcelain pan with tight cover and cook in a hot oven 20 minutes. Do not uncover while cooking. The fruit will not shrink or change color.

—Mrs. S. M. Gantz, Dixon, Ill.

Small Fruits, Canned Cold.

Mash the fruit; add an equal amount of sugar; mix thoroughly until every particle of fruit is impregnated with sugar. Set on ice over night, then can in cold cans. This is used for small fruits.

Peaches.

Pare the peaches, remove the stones and drop the fruit into cold water to prevent discoloration. Prepare a syrup in the proportion of 2 quarts of water to 1 pound of sugar, boil until clear. Pack the fruit tightly in jars, then fill with the boiling syrup and seal at once. Set the jars in a wash boiler or tub, cover with boiling water, then place a lid or blanket over them and let stand till cold.

To Can Vegetables.

Tomatoes, asparagus, string beans, peas, beets and corn may be canned if cooked in the jars in which they are to be kept. Asparagus and beans should be cooked 15 minutes before putting into jars. Beets must be cooked 30 minutes, peel them and put into jars. Then fill the jars with cold water, adjust the rubbers, lay the covers on loosely, put the jars in a rack in the boiler, partly cover with cold water and boil 1 hour. Lift out the rack, screw the covers on tight, put back in the boiler, cover with boiling water and boil 30 minutes.

Peas need not be cooked before putting into jars, but must be boiled 2 hours before and 30 minutes after screwing covers on. Corn should be cut or pressed from the cob and packed into jars, then boiled 2½ hours and finished as above.

All vegetables should be canned the day they are picked and all utensils used must be sterilized.

Tomatoes may be stewed in a kettle and put into cans. Pour boiling water over the tomatoes to remove the skins; cut into pieces, put into a granite or porcelain kettle and cook slowly 30 minutes.

PRESERVES.

Preserved Fruit.

Preserved fruits are those which are cooked in a thick syrup. Allow 1 pound of sugar to each pound of fruit. For large fruits prepare this syrup with the required amount of sugar dissolved in a little water.

Conserves or Candied Fruit.

Conserves or candied fruits are preserved fruits, dried. Prepare as above, and simmer gently until transparent; drain in a sieve, dust with sugar and dry in the sun or in a moderate oven. When it has lost its moisture roll in granulated sugar. Keep between sheets of waxed paper.

Strawberry Preserves.

One quart of strawberries; 1 quart of sugar. Put strawberries in a porcelain or granite kettle and cook, without water, 20 minutes over a slow fire, then add sugar and cook 5 minutes; put into jelly tumblers and when cold cover with paraffine and seal. It is best to cook only 1 quart at a time to prevent the fruit from breaking up. The berries remain whole and the preserve is rich and delicious.

—Mrs. F. F. Wormwood.

Sun-Preserved Strawberries.

Use equal weight of fruit and sugar; put in a kettle and bring it almost to the boiling point. Remove from the fire and pour into big platters or plates. Cover each dish with a square of glass to keep out the flies and dust and to increase the heat; put in the sun for 10 or 12 hours till the fruit is transparent and the juice rich and thick; put into hot pint jars and seal. These are much better than strawberries prepared in any other way. Cherries, gooseberries and raspberries can be treated in the same way with as delicious results.

—Mrs. Wm. S. Ives.

Gooseberry Conserve I.

Two quarts gooseberries; an equal weight sugar; 1 pound seeded raisins; ½ pound English walnut meats. Mix all together

except the nut meats and cook till like jam; then add the nuts, blanched and broken in pieces. Remove from the fire at once and can.

—Mrs. H. H. Hurd.

Gooseberry Conserve II.

Three pounds gooseberries; 3 pounds sugar; 1 pound raisins; 3 oranges, grated rind and juice. Chop the gooseberries and raisins. Cook to jelly.

—Mrs. M. B. St. John.

Currant Conserve.

Five pounds currants; 5 pounds sugar; 5 oranges, peeled and cut fine; 2½ pounds raisins. Cook 30 minutes after it boils; seal.

—Mrs. W. J. Burr.

Cherry Jam.

Wash and pit cherries; cook till tender; drain through a jelly bag. Put the pulp through a vegetable press. 4 cups pulp; 3 cups sugar; cook 10 minutes. Juice may be used in drinks.

—Mrs. Frank Edmison.

Cherries.

Soak cherries in vinegar over night. In the morning pour off the vinegar and pit the cherries. Weigh the cherries, taking the same weight of sugar. Put in a crock or jar. Stir every morning for 10 mornings. These may be canned or left in the jar.

—Mrs. Oscar Keller.

Black Raspberry and Rhubarb Jam.

One quart raspberries; heat and mash; 2 quarts rhubarb; peel, cut in thin slices and cook. Mix the two, add equal measure of sugar, boil until thick like jam.

—Georgia Somers.

Pieplant and Pineapple Marmalade.

One and one-half bowls pieplant; 1½ bowls pineapple; 2½ bowls sugar. Cook until thick.

—Mrs. Clinton B. Helm.

Pineapple and Apricot Jam.

Two large pineapples; 6 dozen apricots; ¾ pound sugar to each pound of fruit. Put the fruit through a meat chopper, add the sugar and cook.

—Mrs. Chester McFarland.

Fruit and Nut Conserve.

Two quarts strawberries; 1 pound pineapple; 1 pound pieplant; ½ pound dates; ¼ pound figs; ½ pound English walnuts. Preserve strawberries, pineapple and pieplant, separately, using pound for pound of sugar. When pineapple and pieplant are nearly cold, draw each from syrup and add to strawberries. Chop figs, dates and nuts and add to preserves with the juice of 2 lemons and ½ pound of sugar. Cook all together slowly ½ hour; put in glasses and seal.

—Mrs. S. N. Jones.

Orange and Pineapple Conserve.

Four pineapples; 4 oranges; 4 pounds sugar; 1 cup blanched almonds. Remove skin from pineapples and seeds from oranges; chop both, put with the sugar and cook slowly till thick. When nearly done, add the almonds, chopped.

—Mrs. George Manny.

Orange Jam.

Three pounds rhubarb; 3 oranges; 3 pounds sugar. Grate the rind of 1 orange and use the pulp of all the oranges. Mix with the rhubarb and sugar and let stand over night. Then boil till like jam and pour in glasses.

—Mrs. H. W. Hall.

Orange Marmalade I.

Six good sized oranges, cut in quarters. Put them through a meat chopper at night and add 12 small cups of water. Let stand over night. In the morning cook ½ hour. Let stand over night. The next morning add 9 pounds sugar and boil 20 minutes. Put in glasses. This is very delicate and light colored.

—The New York Astors.

(Through the kindness of a friend.)

Orange Marmalade II.

Three oranges and 1 lemon, shaved fine. Measure 1½ quantity of water; stand 12 or 14 hours. Measure 1½ quantity of sugar. Boil 20 minutes or until thick.

—Mrs. Chas. Reitsch.

Grape Fruit Marmalade.

One grape fruit; 2 lemons; 2 oranges. Extract the juice and pulp of all the fruit, cutting away all the white skin and core of the grape fruit and oranges. Grind the rinds in the meat chopper and measure pulp, rinds and juice. Pour 3 times as much water as there is fruit over the fruit and let it stand over night. In the morning boil till tender (about ½ hour), then add equal amount of sugar and let it stand over night. The next morning boil down till thick and put in jelly tumblers. This amount makes 10 or 12 glasses full.

—Mrs. Frederick Haines.

Peach Conserve.

Three pounds peaches, freed from skins and stones; 3 pounds sugar; 2 oranges, sliced or chopped; 1 pound raisins, chopped a little. Put all on stove and cook until of thickness desired. When ready for jars, add 1 pound English walnut meats, broken fine.

—Georgia Somers.

Spiced Currants, Cherries or Gooseberries.

Six pounds fruit; 4 pounds medium brown sugar; 1 small pint vinegar (not too strong); 1 tablespoon cinnamon; 1 scant tablespoon cloves. Boil 1 hour.

—Susan Whittlesey.

Spiced Currants.

Two quarts currants; 1½ pounds granulated sugar; 1 tablespoon cinnamon; 1 teaspoon cloves; ½ teaspoon ground nutmeg. Mix the currants and sugar and cook 1 hour very slowly. Add the spices and in 5 minutes take from the fire and pour into hot jelly glasses. The tart of the fruit makes it unnecessary to add vinegar. Currant jelly nearly ready to take from the fire can be spiced and used instead of the preceding, if one cannot eat the seeds.

—Mrs. J. L. Keep.

Spiced Peaches.

Fourteen pounds fruit; 7 pounds sugar; ½ pint vinegar; cassia buds; cloves. Stick a few cassia buds and cloves in the peaches, cover with the sugar and let stand over night. In the morning drain, and add the juice to the vinegar. Boil and add the fruit. Cook till tender. Remove the peaches to cans and cook the syrup till of the consistency of cream and fill up cans.

—Mrs. L. A. Weyburn.

Apple Ginger.

Three quarts chopped apple; 3 pints sugar; 1 pint water; 2 ounces pounded white ginger root. Boil until fruit is transparent, and put in jars.

—Miss Caroline Radecke.

Fig Jam.

Four pounds rhubarb; 1 pound figs; 4 pounds granulated sugar. Cut the rhubarb up small; chop the figs; mix all together and let stand over night. In the morning boil about 1 hour till like jam and put in jelly glasses and cover thick with paraffine.

—Mrs. H. W. Hall.

Tomato Preserves.

Scald tomatoes to remove skins; cut in pieces and put in a porcelain kettle over a slow fire. When they have cooked a few minutes pour off the water which has separated from the tomatoes. Weigh them, adding ¾ pound of sugar to each pound tomatoes. Cook until thick. When partly cooked, add thin slices of lemon, allowing 2 lemons to about 5 pounds of tomatoes. Seal. This is nice for either the small yellow or large red tomatoes.

—Mrs. F. M. Needham.

Spanish Preserves.

Scald 1 peck medium sized, ripe, red tomatoes to remove skins. Put 2 handfuls common unslaked lime in a pail of water, pour over tomatoes and let stand all night. In the morning rinse tomatoes well and wipe dry. To each pound of tomatoes add ½ pound of sugar; put over fire, add 1 large handful whole cloves. Cook slowly until syrup is thick, about 4 hours. Is delicious and has no tomato flavor.

—Mrs. Stanton Hyer.

Quince Preserves.

One measure of quinces, sliced; an equal amount of sugar; 2 measures of pound sweet apples; an equal amount of sugar. Cook the quinces and apples separately until tender, then put them together and seal.

Green Tomato Mince Meat.

One peck green tomatoes, chopped; 5 pounds brown sugar; 2 pounds seeded raisins; 1 cup vinegar; 2 tablespoons each of salt, ground cinnamon and cloves. Cook slowly 3 hours; seal. If not thick enough when ready to use, put in a few rolled crackers.

—Mrs. Dwight Cutler.

PICKLES.

Sweet Cucumber Pickles.

Cut long cucumbers lengthwise and select those that have but few seeds. Remove the seeds and salt cucumbers well. Let them stand for 3 or 4 hours. In order to dry thoroughly, tie them in a cloth and let them hang over night. To 4 quarts of vinegar, add ¾ pound of sugar and some cloves, and let it boil. Add the cucumbers and let them boil up once in the vinegar. When cool, place in glass or earthen jars and seal.

—Ernestine Schumann-Heink.

Cucumbers in Vinegar.

Cut the cucumbers in 4 pieces lengthwise, remove seeds, salt thoroughly and place in earthen jar until the following day. Next day dry the pieces of cucumbers with a clean towel, and place them in layers in the jar. Between each layer put mustard seeds, whole pepper, little onions and cloves. Cover with boiling vinegar. Good wine vinegar is best. Let cucumbers remain in vinegar for a day or two. Then pour off the vinegar and heat it again and pour over pickles. Repeat this the following day and when the vinegar has cooled, seal the jar. These are also called mustard pickles.

—Ernestine Schumann-Heink.

Mother's Cucumber Pickles.

Wash small cucumbers fresh from the vines, put in a crock, sprinkle with salt and cover with boiling water. The next morning drain carefully. Put vinegar enough to cover in a kettle, bring to a boil, put in the cucumbers and let it just boil up again. Quickly remove the cucumbers to jars, fitting them in closely; fill with the boiling vinegar and screw on the tops. Will keep indefinitely and be fresh and crisp.

—Mrs. J. L. Keep.

Sour Cucumber Pickles (Easy).

One cup ground mustard; 1 cup salt; 1 gallon vinegar. Put in a 2-gallon jar and mix thoroughly. Wash the cucumbers and wipe them dry (this is necessary); do not cut them. Fill the jar with them and press down with a plate. These will remain firm all winter.

—Mrs. Daniel Ticknor.

Mixed Pickles.

One peck green tomatoes; 2 quarts small white pickling onions; 2 cauliflower; 4 sweet red peppers; 1 quart sweet midget cucumber pickles; 1 ounce cassia buds; ½ ounce whole mace; 2 ounces white mustard seed; 1 ounce celery seed. Cut the tomatoes into small pieces, sprinkle with salt and let stand over night. Drain and bring to boil in weak vinegar. Cut the cauliflower and red peppers in small pieces, and mix with the onions, tomatoes and cucumbers. Take vinegar enough to cover, putting it into a kettle over the fire. Add the spices and 1 pound of sugar to each pint of vinegar. When it boils, add ⅓ of the mixed vegetables and simmer till they are tender. Remove these to a crock, add ⅓ more to the hot vinegar and so on till all are cooked. Then boil the vinegar a few minutes and pour over. Drain off the syrup 3 successive mornings and boil. The last time, fill glass jars with the pickles, and fill with the syrup and seal.

—Mrs. J. L. Keep.

Mustard Pickles I.

One quart small cucumbers; 2 quarts small onions; 2 quarts green tomatoes, if large, slice them; 2 heads cauliflower. Place in separate dishes, salt, and let stand 24 hours. Drain. Cook cauliflower in weak vinegar (½ water) and drain. Put onions in 1 gal-

lon good vinegar, let boil; add cucumbers, let boil; add tomatoes, let boil; add cauliflower, let boil; add 4 green peppers, chopped fine (remove seeds). Mix 1 cup of flour, 24 tablespoons ground mustard, 1 ounce mixed spices, 3 cups sugar; add this to pickle, boil and stir constantly. Take from the fire, add 1 ounce turmeric powder dissolved in a little water, 1 tablespoon butter, 1 ounce celery seed, 1 ounce mustard seed. Salt and pepper, if necessary.

—Jennie Minzinger.

Mustard Pickles II.

Two quarts small cucumbers; 1 quart sliced cucumbers; 1 quart small onions; 1 large cauliflower; 4 green peppers, chopped fine. Make a brine of 4 quarts water and 1 pint salt. Pour it over mixture of vegetables and let stand 24 hours; then heat just enough to scald and turn in colander to drain. Mix 6 tablespoons of best ground mustard, 1 scant cup flour, 1 tablespoon turmeric with enough vinegar to make smooth paste. Add 1 cup sugar and sufficient vinegar to make 2 quarts in all. Boil this mixture until it thickens and is smooth, stirring all the time; then add vegetables and cook until well heated through.

—Mrs. S. N. Jones.

Oil Pickles.

One-half peck small cucumbers; 1 ounce black mustard seed; 1 ounce white mustard seed; 1 ounce celery seed; ½ pint olive oil (full); 2 onions, chopped fine. Slice the cucumbers thin, place in a gallon jar a thick layer of the sliced cucumbers, then sprinkle with salt; continue same until jar is filled. Let it stand 3 hours. Drain and rinse; add the other ingredients, put in fruit jars, cover with vinegar and seal.

—Mrs. J. L. Pierce.

French Cucumber Pickles.

Slice thin, but do not pare, cucumbers sufficient to fill a gallon jar. Give a good sprinkling of salt, let stand 3 hours. Take 1 ounce of black mustard seed, 1 ounce of white mustard seed, 1 ounce of celery seed and ½ pint of olive oil. Drain carefully the cucumbers; again place in glass jars in layers, sprinkling the seeds and a portion of the oil between each layer. Continue till the jars are full and cover with good cold vinegar. The cucumbers remain deliciously fresh and crisp.

—Mrs. Wm. S. Ives.

Green Tomato Pickles.

One peck green tomatoes; 2 quarts onions; 2 green peppers; 1½ quarts vinegar; 1 ounce stick cinnamon; 2 pounds brown sugar; ½ ounce whole cloves; 2 teaspoons white mustard seed; 1 teaspoon black pepper. Slice tomatoes and onions thin and let them stand over night with salt sprinkled over them; drain; add peppers; cover with plain vinegar and boil till tender. Drain, put in jars, and pour over the vinegar boiled with the spices and sugar.

—Miss Sarah Williams.

Pickled Beets.

Cook the beets till tender, slice while hot and pack into hot jars. Then take equal parts of vinegar and water enough to fill the jars; add sugar and salt to taste; boil and cover, sealing the jars.

Pickled Red Cabbage.

Slice 1 head of red cabbage in thin strips. Sprinkle lightly with salt and let stand over night. In the morning drain and cover with boiling vinegar to which has been added 12 cloves and twice as many pepper corns. Makes 2 quarts.

—L. J.

Watermelon Pickles.

Cut rind in squares and put in strong salt and water over night. In morning drain, let stand in clear water 1 hour, put into kettle of cold water and boil till transparent and tender; then weigh rinds. To 5 pounds use 3 pounds of sugar, 1 pint vinegar, ¼ ounce cloves, 1 ounce cinnamon, 1 ounce cassia buds. Let the vinegar, sugar and spices come to a boil, and pour over the watermelon. Warm vinegar for 2 mornings.

—C. J. S.

(One ounce of candied ginger may be added with good results.—Com.)

Sweet Pickles (for Sweet Apples, Pears or Peaches.)

Four pounds fruit; 2 pounds brown sugar; ½ ounce stick cinnamon; ¼ ounce whole cloves; 1 pint weak vinegar. Let the vinegar, sugar and spices come to a boil, add the fruit and cook till tender. Put the fruit into jars, cover with the liquor and seal. Add more vinegar if it boils away. If the fruit is very hard, steam

it before putting it into the pickle. Apples and pears should be peeled, cut in halves and cored. Peaches should remain whole, skins left on.

—Mrs. Charles Barningham.

Pear and Peach Pickles.

Three pounds brown sugar to 1 pint vinegar. Steam fruit till tender and put into the syrup to which add 1 clove to each pear or peach. Cook a very few minutes, fill jars with pickles and cover with the syrup.

—Mrs. T. V. Engstrom.

Stuffed Peppers.

Select large, sweet peppers. Cut a piece from the stem end of the pepper and remove all the seeds. Prepare a brine of 1 teacup of salt to 1 gallon of water. Cover the peppers and let stand in a cool place for 2 days. Chop cabbage fine, season with salt, pepper and sugar; take the peppers from the brine, fill each one with the chopped cabbage, press down and place the stem end of the pepper in place and tie firmly. Cover with good cold vinegar and cover jar tightly with a cloth.

—Mrs. S. M. Taylor.

Peppers for Winter Use.

Red or green sweet peppers may be used. Remove the stem and all of the seeds and ribs; put in a brine for 3 hours. Drain, put in jars, cover with cold vinegar and seal.

Chow Chow.

One peck green tomatoes; ½ pint salt; 6 green peppers; 6 onions; 1 small head cabbage; 1 pint molasses. Chop the tomatoes, add the salt and cover with water. Let stand over night. Drain. Chop the peppers, onions and cabbage and add to tomatoes. Scald in weak vinegar and drain. Add the molasses, also cloves, cinnamon and grated horseradish, as desired. Mix, put in jar, cover with vinegar and put 1 pound brown sugar on top. Put in glass jars.

—Mrs. T. V. Engstrom.

Piccalilli.

One peck green tomatoes; 2 medium sized cabbages; chop fine, put in brine over night. In the morning drain, and add 1 large sweet pepper and 2 onions, chopped fine; then add a little vinegar and cook until tender. Drain again. Prepare 2 pounds sugar; 2 tablespoons white mustard seed; 2 tablespoons ground cinnamon; 1 tablespoon ground cloves; enough vinegar to cover. Pour this over the chopped vegetables and let come to a boil. This need not be sealed if pieces of horseradish are placed on top.

—Mrs. F. M. Needham.

Tomato Relish.

One peck ripe tomatoes; 2 cups grated horseradish; 3 large roots celery; 1 cup chopped onion; ½ cup salt; 1½ cup sugar; 1½ cups white mustard seed; 2 teaspoons cloves; 2 teaspoons mace; 4 teaspoons cinnamon; 1½ pints vinegar. Chop the tomatoes and celery fine, and mix with all the other ingredients. Bottle or can cold, without cooking.

—Mrs. J. H. King.

Celery Relish.

Three quarts celery; 3 quarts green tomatoes, chopped. Sprinkle 3 tablespoons salt on the tomatoes and drain over night. The next morning cut the celery in small pieces with sharp knife and mix with the tomatoes. Then make the following:

Dressing: 2 quarts vinegar; 7 tablespoons mustard; 1 tablespoon turmeric; 3 cups sugar; 1 cup flour; 1 teaspoon salt. Mix all dry ingredients and add water enough to make a thin paste. Pour over this the vinegar which must be boiling hot. Boil till thick, stirring constantly; add the tomatoes and celery and simmer 20 minutes. —B.

Beet Relish.

One peck beets; 2 tablespoons celery seed; 2 tablespoons white mustard seed; 1 teaspoon caraway seed, if desired; 2 green peppers, chopped; 2 cups sugar; salt to taste; ½ of 10-cent bottle horseradish; vinegar to almost cover. Boil the beets till tender, but not soft. Peel and chop. Then mix with the rest of the ingredients; heat, but do not boil, and bottle.

—Miss Sarah Williams.

Tomato Sauce for Soups, Etc.

One peck ripe tomatoes; 6 large onions; 2 small green peppers; 1 large bunch of celery; salt and pepper to taste. Cut the vegetables in pieces, stew in as little water as possible. Strain through a sieve. Put back on stove and let it boil. Can, while hot.

—Mrs. Chas. Reitsch.

Cold Chili Sauce.

One peck ripe tomatoes, chopped fine; put in colander and drain dry; 2 cups chopped onion; 2 cups chopped celery; 2 cups sugar; 1 cup white mustard seed; ½ cup salt; 1 teaspoon ground mace; 1 teaspoon black pepper; 4 teaspoons cinnamon; 4 green peppers, chopped fine; 2 pints vinegar. Put in a stone jar and cover tight.

—Annie Walton.

Cold Catsup.

(Not Cooked.)

One peck ripe tomatoes, chopped fine, and drained through a colander; 1 cup chopped onion; 1 cup chopped celery; 4 green peppers, chopped; 1 cup horseradish, grated fine (the horseradish tends to keep it); 1 tablespoon white or black pepper; ⅔ cup salt. Cover all with vinegar.

—Maude Fenlon Bollman.

Spanish Pickle.

Two dozen cucumbers; 4 heads of cabbage; 1 peck of green tomatoes; 2 dozen onions; 2 dozen green peppers; 1 ounce celery seed and white mustard seed; 1 box Colman's mustard; 2½ pounds of sugar; 1 quart of grated horseradish. Slice the cucumbers and onions and chop the rest. Sprinkle all with salt and let stand 2 or 3 hours. Then squeeze out liquid, cover with vinegar and boil.

—Leola Arnold.

Fig Pickles.

Seven pounds green tomatoes; 1 pound seeded raisins; 4 pounds sugar; 1 pint vinegar; 2 tablespoons cinnamon. Peel the tomatoes and cut into 1-inch squares. Mix all the ingredients together and cook till like jam. Can at once.

—Mrs. J. L. Keep.

Columbia Chutney.

Pare and quarter 15 large, very sour apples; chop fine, together with 2 green peppers from which the seeds have been removed; 1 cupful stoned raisins; 2 onions (all ingredients may be put through food chopper). Place all in porcelain kettle, add 1 quart vinegar; simmer 2 hours; then add 2 cupfuls brown sugar and 2 tablespoons each of salt, mustard seed, ground ginger, cloves and cinnamon. Cook slowly another hour. Pour into small bottles and seal while hot. Keep in a cool dark place.

—Mrs. L. W. Ticknor.

Shirley Sauce.

Six large ripe tomatoes (or 1 can); 1 large green pepper; 1 large onion; 1 tablespoon salt; 1 tablespoon sugar; 1 tablespoon ginger; 1 teacup vinegar. Chop tomatoes, onion and pepper fine; mix all together and boil 1 hour. Bottle hot. Can be made in the winter or any time a green pepper can be secured. Very good.

—Miss Caroline Radecke.

Chilli Sauce I.

Thirty tomatoes; 2 chilli peppers; 6 onions; 3 tablespoons salt; 1 tablespoon cinnamon; 1 teaspoon ground cloves; 1 teaspoon ground mace; 1 teacup sugar; 1½ pints vinegar. Chop the tomatoes and cook 3 hours; add the onions and peppers, chopped fine, ½ hour before it is done, and just before taking from the fire add the spice, sugar and vinegar. Put in bottles and seal.

—Mrs. N. W. James.

Grandmother's Chilli Sauce II.

Twelve large ripe tomatoes, peeled; 2 large onions; 4 green peppers; chop these separately; 4 cups of vinegar; 2 tablespoons of salt; brown sugar to taste and ginger; 1 tablespoon each of cinnamon, nutmeg and mustard. Stir all together and cook until well done. Bottle and seal.

—Leola Arnold.

Tomato Catsup.

One-half bushel tomatoes; wash, core and boil; (after they have boiled a few minutes pour off water); put through a sieve. Then add ⅓ cup salt, ¾ cup sugar, 1 small pint vinegar. Put the

following spices in a bag and boil with the other ingredients: 2 tablespoons ground pepper; 1 tablespoon ginger; 1 tablespoon nutmeg; 2 tablespoons cinnamon; 1 tablespoon cloves. Boil until it sputters, remove spices, bottle and seal with sealing wax.

—Susan Whittlesey.

Olive Cherries.

One quart of firm, large cherries; 1 tablespoon salt; vinegar. Stem the cherries, but do not pit them; put them in a quart fruit jar and sprinkle the salt over them; fill up the jar with vinegar, which is not very sharp. Seal up and let stand about 2 months.

—Mrs. E. V. Crumb.

Lemon Extract.

Take the rind from 6 fine large lemons, as thinly as possible and cover with ¾ of a pint of the best alcohol. Put in a wide mouthed bottle and cork tightly. It will be ready for use in a few days.

Extract of Vanilla.

Break 1 vanilla bean into pieces; cover with cold water and let stand in a tightly corked bottle 4 days. Then add ½ pint of the best alcohol. Ready for use in a week. The same bean can be used again by covering with a good half cup of alcohol and it will then be ready for use when the first extract is all used. The bottles should have glass stoppers. Vanilla beans are long thin pods and can be bought at large stores dealing in fine groceries. It is a good plan to make one's extract as most of that which is sold is not made from vanilla beans.

Garlic Vinegar.

Slice clove of garlic into vinegar cruet. Makes delicious dressing for new beets, tomatoes, cucumbers and lettuce salad, after adding olive oil.

—Kate F. O'Connor.

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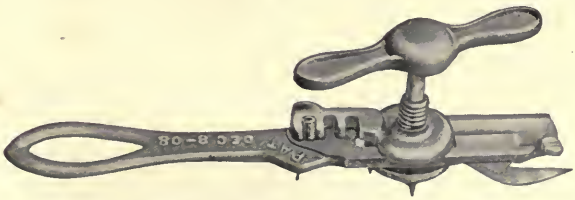

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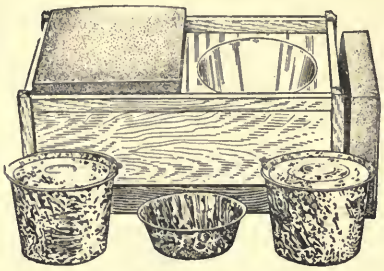

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CHAPTER XXIV.

FIRELESS COOKERY.

"It is the bounty of nature that we live; but of philosophy that we live well."

—SENECA

There are on the market a number of cookers or patent devices for cooking without fire. These vary somewhat in detail; there is the lined box holding one or more empty pails; the same style of box with pails within pails or with wire supports inside; and the triple pail or kettle arrangement simply made by placing the kettles one within the other and leaving the required space between each two.

The enormous saving of fuel, labor and discomfort obtained by the process is a welcome boon to the busy housewife and with the added advantage that the flavor is retained to a much greater extent than possible by direct boiling.

For one inexperienced in this method it is advisable to know the time required for the different foods before they are placed in the cooker.

Food left indefinitely in the cooker will sour. All soups, vegetables and such things must be removed in twenty-four hours and less in warm weather.

Food which requires long cooking is improved if when the time is half up it is removed, without opening the pail, and reheated again before placing a second time in the cooker.

Food should be placed in the box at once on removing from the fire, keeping the lid on tightly so that no steam escapes or the food will cool and cannot cook.

Since this method of preparing food is still largely in an experimental stage, the following time table may serve as a guide and be considered fairly accurate:

MEATS, ETC.	BOIL ON STOVE.	COOKER.
Beef, 2 pounds	15 minutes	3 hours
Beef, 3 pounds	30 minutes	4 hours
Chicken, 1 year	30 minutes	4 hours
Chicken, spring	15 minutes	3 hours
Fish, 2 pounds	15 minutes	2 hours
Pork, 2 pounds	15 minutes	4 hours
Pork, 3 pounds	45 minutes	4 hours
Veal, 2 pounds	15 minutes	4 hours
Ham, 3 pounds	30 minutes. Soak all night	All day
Corned beef	30 minutes. Soak all night	All day

VEGETABLES.		
Beets, green	15 minutes	4 hours
Cabbage	10 minutes	3 hours
Peas, green	5 minutes	2 hours
Corn, green	5 minutes	3 hours
Potatoes	5 minutes	2 hours
String beans	10 minutes	3 hours
Turnips	15 minutes	4 hours
Tomatoes	5 minutes	2 hours
Onions	11 minutes	3 hours
Dried lima beans	10 minutes. Soak all night	5 hours

CEREALS, ETC.		
Rice	5 minutes	2 hours
Sago	5 minutes	2 hours
Tapioca	5 minutes	2 hours
Oatmeal	2 minutes	All night
Macaroni	10 minutes; ½ water, ½ milk	1½ hours
	(Grate cheese on top)	

PUDDINGS, ETC.	STEAM.	
Cottage	15 minutes	3 hours
Suet	30 minutes	2 hours
Drop dumplings	5 minutes	2 hours
Fruit dumplings	14 minutes	3 hours
Brown bread		4 hours

	BOIL.	
Prunes	10 minutes	All night or day

Fireless Cooker.

Two Receptacle Cooker

Cereals
Chicken
Fish—boiled

MEATS—Boiled
Beef stew
Corned beef
Lamb stew
Mutton stew

MEATS—Roast

SOUPS

VEGETABLES
Baked beans
Beets
Carrots
Turnips
Peas
Potatoes

One Receptacle Cooker

Cereals
Frozen desserts
Macaroni with cheese

PUDDINGS
Rice pudding

ROASTS

SOUPS

STEWS

Triple Receptacle Cooker

Cereals
Meats
Vegetables

(For the cooker which has one pail within another, the outer one containing water.)

Cereals.

One cup of oatmeal, 3 cups of water.

One cup cornmeal or rice, 4 cups of water.

Bring the water in the outer pail to a boil. Put into the smaller pail the required water, let boil, add the meal and salt, let boil 10 minutes. Place the smaller kettle within the larger, pack in the cooker, let stand all night. In the morning, reheat.

Vegetables.

Potatoes require 1 hour, if small. Dry in the oven later to make them mealy.

Peas require 1 hour.

Beets, squash, carrots, turnips need 3 hours and must be taken out when half done, reheated, the water reboiled in the outer pail and packed again in the cooker.

Prepare the vegetables as usual, boil them for 5 minutes, place the smaller kettle in the outer one containing boiling water and put into the cooker.

Baked Beans.

Let the beans soak over night in cold water; in the morning drain, then add twice as much fresh water as there are beans; put in a piece of salt pork. Boil them 15 minutes, set the kettle into the larger one containing boiling water and pack in the cooker for 3 hours. Remove, boil again and put in the cooker for 3 hours longer. Place into a baking dish and brown them in the oven. Add seasoning at the time of the second heating.

Soups.

Cut the meat into pieces, pour on cold water, add the vegetables, season well, and boil about 15 minutes. Leave in the cooker all night. In the morning skim, strain and reheat.

Boiled Fish.

Tie the fish in a clean piece of cheese cloth, let simmer for 10 minutes in boiling water, set the kettle in the outer pail of boiling water and pack for 3 hours.

Boiled Meats.

Beef Stew: Cut up the meat, put into hot fat and brown quickly. Add 1 cup of water to 2 cups of meat, season, boil 10 minutes, put into the outer kettle of boiling water and pack for 2 hours. Then reheat and cook 2 hours longer.

Lamb Stew: Cut up meat, use 1 cup of water to 2 of meat, boil for 10 minutes, leave in the cooker for 2 hours. Remove, add tomato or chopped vegetables, and cook 2 or 3 hours more.

Corned Beef: Place meat in cold water, let come to a boil and simmer 30 minutes. Set into the larger kettle of boiling water and put away for 5 hours. Remove the lid and put in the prepared vegetables under the meat. Reheat and again pack for 3 hours.

Roast Meats.

In a hot, dry frying pan, sear the meat all over. Bake for 20 minutes in a very hot oven, adding 2 cups of water. Put the roast in small kettle, season and place in the large pail of boiling water. Cover both kettles tight and let boil rapidly for 10 minutes. Pack for 3 or 4 hours. Reheat the meat and thicken the gravy. Chicken is particularly good this way.

(For the cooker containing separate and distinct receptacles.)

Cereals.

Use less water than ordinarily required, since there is no loss by evaporation caused by escaping steam. Boil for 5 minutes and while still bubbling, pack into the cooker. Oatmeal boiled 2 minutes may be left in all night and reheated in the morning. Rice, tapioca and sago require 2 hours.

Macaroni with Cheese: Boil 10 minutes in milk and water (half and half), salt, cover with grated cheese, pack for 1½ hours.

Soups.

Stock for soups easily prepared by boiling a soup-bone, chicken bones, etc., a few minutes and pack 2 hours.

Put the meat in cold water, boil, remove scum, add vegetables and boil for 15 minutes. Pack for 3 to 5 hours, according to size.

Stews.

Beef and Mutton Stews: Brown first, boil for 20 minutes, season and pack about 3 hours, according to size, or may be left longer.

Roasts.

They should be browned in butter on all sides, then enough water poured on to come halfway up the sides, covered and allowed to cook ½ hour or so, then placed in the cooker 5 or 6 hours. They will not be crisp, but tender and juicy, and of fine flavor.

(For the triple kettle cooker.)

Another arrangement which does not require the box cooker and the results of which are delicious, is simplicity in itself. The recipes differ slightly from the preceding.

Three kettles or enamel pails, fitting one within the other and leaving an inch space between each two are required.

Place food to be cooked in the smallest kettle, add salt, but no water, except for dry cereals, which should be slightly moistened. Cover tightly. Place this in the next larger, which should contain about 3 inches of boiling water, put these 2 into the largest one, which should also hold about 4 inches of water. Put a large, tight-fitting lid over the whole and keep covered securely. Add a weight if necessary. Place the kettles over the fire and let boil rapidly for 5 minutes. Let stand until the food is cooked, depending of course on the nature of the food.

Meats require 3 or 4 hours.

Vegetables require 2 hours.

Cereals about 2 hours.

The important point in cooking by this method is that the water be kept hot. This can be ascertained by feeling the outer kettle, and in no case remove the lid until food is done. In the case of meats and other things requiring long cooking, boil the water a second time for 5 or 10 minutes, say at the end of 2 hours.

CHAPTER XXV.

COOKERY FOR INVALIDS.

"Simple diet is best, for many dishes bring many diseases."
—PLINY.

It is of especial importance that the greatest pains should be taken in the preparation of the invalid's food. It should be served in the most attractive way, never sending more than an amount sufficient for one meal. There may be a lack of desire for food, due merely to defective cooking, to the patient's dislike for a certain food or to a meal presented at an inopportune moment.

While it is unwise to ask the patient what he would like to eat, since the unexpected often pleases, yet it is desirable that there be frequent changes in order to tempt the appetite.

Particular care should be exercised that the food selected be suitable to the patient's condition, as in the case of the very weak or fever patients when liquid food is more easily digested.

Albuminized Orange.

White of 1 egg; juice of 1 orange; sugar. Add the orange juice to the unbeaten white, sweeten and mix well. Strain and serve cold.

Albuminized Sherry.

White of 1 egg; 1 scant tablespoon Sherry; sugar. Beat the white to a stiff froth and while beating, add slowly the Sherry and sugar. Serve cold.

Albuminized Grape Juice.

Prepared the same as Sherry, using 2 tablespoons of juice to the white of 1 egg.

INVALID DISHES.

Beef Juice.

Select a thick cut of steak from the round or the rump and remove all fat. Broil or heat long enough to start the juices, then extract the juice by means of a press or lemon squeezer. Season with salt and serve at once. Prepare only enough to serve, as it does not keep well.

One pound of meat will yield about 5 ounces. Excellent, where solid foods cannot be taken.

Beef Extract.

One-half pound round steak; ½ pint cold water; cut beef fine, put in cold water; let it stand where it will keep warm for a couple of hours, heat as hot as possible without boiling; squeeze the juice from beef; salt to suit.

—An Old Nurse.

Beef Scraped.

Take a small piece of tender steak and with a sharp knife scrape off all the pulp until there remains only the tough fibres. Season slightly with salt and pepper, form into small cakes and broil 2 minutes. Serve on toast.

Beef Tea (Quickly Made).

Select a steak from the top cut of the round, as this has less fat and more juice than other cuts; remove all fat and cut into small pieces. Put in dry pan over a slow fire and allow it to sweat for 5 minutes, stirring occasionally to prevent sticking. The meat will become white and surrounded by a rich gravy. It may be given, in cases of great exhaustion, in this form.

For 1 pound of beef allow a pint of water. Pour the water over the meat and stir until it boils; afterwards let simmer slowly 5 or 10 minutes, strain and remove any particle of fat on top with a piece of brown paper. Does not require seasoning.

Beef Tea.

Allow 1 cup of water to ½ pound of steak. Remove each particle of fat; cut into small pieces, pour on the water and let stand about 15 minutes. Put into a tightly covered glass jar and set it

into a kettle of cold water. Bring the water slowly to the boiling point and let boil 2 hours. Strain and season with salt. Remove any fat on top with paper or bread.

May be served hot, or is very grateful to a fever patient when ice cold.

BROTH.

Broth is the liquid containing the juices of meat and bone, extracted by continued slow cooking. More nutriment is obtained from cheaper cuts than from the expensive parts.

Best results are possible from the observation of the following rules: Cut meat into small pieces. Use cold water. Use steam-tight kettle, that there may be no waste by evaporation. If possible, make the day before, when the fat may be more easily removed. Let simmer (not boil) until meat falls to pieces. In reheating, use double boiler.

Mutton Broth.

One quart of cold water to 1 pound of meat. Select the neck of mutton, remove skin and fat, cut into small pieces, pour on the water, let simmer until meat is in shreds. Remove fat and strain. Add salt and pepper to taste. Serve hot. One tablespoon of barley or rice (soaked over night) may be added if desired. Let barley simmer in the broth until the grains are tender.

If possible, let broth stand all night, when the fat can be more easily removed. Excellent for those suffering from dysenteric troubles.

Beef Broth.

Prepared same as mutton broth.

Veal Broth.

Prepared same as mutton broth.

Chicken Broth I.

Same as mutton broth.

Chicken Broth II.

Cut a chicken into small pieces, lay it in a deep earthen dish, add a quart of cold water and set it over a boiling kettle; cover closely and let it steam several hours, until the meat is very tender;

strain off the broth and let it stand over night; in the morning skim off carefully all the fat, and pour out the broth into the bowl; into the deep dish put ⅓ of a cupful of rice in a cupful of cold water and steam as before until the rice is soft; pour in the broth and steam an hour or 2 longer; season to the taste of the invalid and serve hot. This is easily digested and very delicious.

Oyster Broth.

One cup chopped oysters; 1 cup cold water; ½ cup hot milk; salt and pepper to taste; 1 Boston cracker, rolled fine. Put the oysters in the water, let them stand where they will slowly come to a boil, then strain in the milk; add the rolled crackers, salt and pepper.

Chicken Broth Jelly.

A 5-pound fowl should be prepared as for chicken broth. Let simmer 12 hours, strain while hot through a fine sieve, and season. Let cool on ice for 12 hours and remove fat. May be used full strength or diluted with water.

Chicken Feet (for Jelly or Broth).

Procure chickens' feet, cut off nails, pour over boiling water, let stand a few minutes and skim. Boil until they fall to pieces. Jelly or broth made from the feet, which is considered, according to a trained nurse, the most nutritious part of the fowl, is unsurpassed for invalids.

Mutton Broth Jelly.

Prepared the same as chicken broth jelly.

Chicken Panada.

Take a breast of cold chicken, put in a marble mortar and pound to a paste with a little of the broth (or chop very fine and add chicken broth). Season with salt and heat slowly to required consistency. It should be such as you can drink, though quite thick, or may be served with toast.

Chicken Toast.

Two tablespoons cold chicken, chopped fine; boil in sufficient water to make a cupful of the whole, thicken slightly with cornstarch in melted butter, pour over a slice of nicely toasted bread and serve hot.

Caudle.

Two tablespoons oatmeal; 1 quart water; butter, sugar, nutmeg, brandy or wine; 1 cup raisins; salt. Boil raisins in the water rapidly for ½ hour. Mix oatmeal with water to a smooth paste; add salt. After raisins have boiled enough, add oatmeal thickening, let boil and skim well. Add sugar, butter, nutmeg, brandy or wine to taste when served.

Cocoanut Milk or Cream.

One cup grated cocoanut to 1 cup hot water. Select a cocoanut with plenty of water in it; clean and grate, discarding the water. To 1 cup of the grated nut add 1 cup of hot water, let stand a few minutes, strain through a thick cloth and squeeze well. This yields a thick cream. For cocoanut milk add more hot water to the pulp, squeeze and strain again. Use while fresh. Is delicious with fruit and will not curdle. This milk is excellent for children and invalids who cannot use cow's milk.

Egg-Nog.

Break a fresh egg into a tumbler, add a heaping teaspoon sugar, beat very light, and fill up the tumbler with milk. A small glass of wine may be added or a little nutmeg.

Where an invalid is required to take a raw egg daily, an egg-nog may be rendered more palatable by a variation in flavor. Add fruit juices to the beaten egg and sweeten. Never use milk with the fruit juice, but dilute with water. Raspberry, pineapple and orange are excellent.

While egg-nog is extensively prescribed and very nutritious, there are cases where the combination is apt to produce nausea in a feeble stomach, especially in fever; consequently whole eggs are unfit for fever patients, and only the whites used.

Egg Lemonade.

Two eggs; sugar as desired; juice of 1 large lemon; 1 cup snow or pounded ice; put the yolks, sugar and lemon juice together, beat them well and add the well beaten whites of the eggs with the snow or ice; beat the whole well together and add water enough to make a pint; drink through a glass tube.

Egg Nests.

Separate an egg, beat the white until stiff, add a little salt, put into a large cup and in center drop the unbroken yolk. Place in pan of hot water, let boil until white of egg is set. May also be placed on buttered rounds of toast and put in oven 3 minutes.

WITH RICE.

Butter a glass, line with boiled rice, put in the stiffly beaten white and in the center place the yolk. Put in oven long enough to set the white.

Eggs and Rum (Milk Punch).

One cup fresh milk; 1 tablespoon sugar; yolk 1 egg; 1 tablespoon rum; pinch salt; little nutmeg. Beat yolk, add sugar, nutmeg and salt; then add milk and rum. Taken by consumptives, early in the morning, often prevents the exhausting morning sweats.

Egg Gruel.

Boil eggs until hard enough to grate. Scald milk, add grated egg to the hot milk and season with salt. Excellent, if patient is nauseated.

Flour Gruel.

One cup milk; ½ tablespoon flour; 1 dozen seeded raisins; pinch salt. Scald the milk and stir in the flour which has been mixed with a little cold milk. Cook ½ hour in double boiler. Cut the raisins in small pieces and with enough water to cover, cook slowly until the water has boiled away. Season the gruel and add raisins. This is slightly astringent. May be prepared without the raisins, which should never be used in cases of bowel troubles.

Barley Gruel.

Two tablespoons barley flour; 1 quart scalded milk; salt. Mix the barley flour with a little cold milk and stir it into the scalding milk. Cook 2 hours in a double boiler. Season to taste, and sweeten, if desired. Strain.

Barley Gruel with Broth.

Two cups beef broth; 2 tablespoons barley flour; 2 tablespoons cold water; 1 saltspoon salt. Mix the flour and the water to a smooth paste, add salt, pour slowly into the boiling broth and let boil ½ hour. Strain and serve hot.

Arrowroot Gruel.

Two teaspoons arrowroot; 2 tablespoons cold water; sugar, wine, brandy or lemon juice, as desired; 1 cup boiling water or milk; salt. Mix the arrowroot and water to a paste. Pour into the boiling water or milk. Cook for 2 hours in a double boiler.

Season, strain and serve hot. Beneficial in diarrhoea cases.

Indian Meal Gruel.

One tablespoon Indian meal; 2 tablespoons cold water; ½ pint boiling water; salt; nutmeg; sugar, if desired. Mix to a smooth paste meal, salt and cold water. Stir slowly into the boiling water. Let simmer 1½ hours. Strain. May be diluted with milk or cream.

Rice Gruel.

Prepared same as Indian meal gruel, using 1 quart boiling water.

Oatmeal Gruel I.

(Good to use in typhoid fever cases). One cup well cooked oatmeal, while hot add 1 cup milk, 1 cup hot water; beat together thoroughly, strain through wire strainer; add salt, if desired.

Oatmeal Gruel II.

Take ½ cup of oatmeal, pound in a mortar until mealy (or rub hard with a little cold water). Put it into a glass, stir well and pour off the milky water into a sauce pan. Again fill the glass, pour off and repeat as long as water looks mealy. Set sauce pan where it will simmer for 1 hour (in double boiler 2 hours). Strain. Season with salt, add sugar, if desired. Thin with milk, if too thick.

Dried or Boiled Flour Gruel.

Tie ½ cupful of flour in bag and boil about 3 hours. Take out, dry in the sun or oven until it is hard. Grate it when needed, using 1 tablespoon to a pint of milk, and stir over the fire until it comes to a boil. Add salt, a little cold water and serve. Especially good for children afflicted with summer complaint.

Barley Jelly.

Three tablespoons pearl barley; salt; 1 quart water. Soak the barley over night, strain, pour on a quart of water, add salt and

boil 4 hours in a double boiler. Strain through a cloth. Thin the jelly when cold with warm and sweetened milk, in the proportion of the tablespoons of jelly to 1 cup of milk.

Rice Jelly.

One and one-half tablespoons rice; ⅔ cup milk; salt. Wash the rice and let stand in cold water about 2 hours. Drain, add milk and cook for 1½ hours in a double boiler. Strain, add salt, let stand until cold and serve with sugar and cream or fruit juices.

Tapioca Jelly.

One teacup pearl tapioca; 1 quart cold water; pinch of salt; lemon juice or wine. Thoroughly wash the tapioca and pour over it the quart of cold water. Let soak 3 or 4 hours and simmer until it becomes quite clear, stirring often. Serve hot with cream, sugar and wine, or while hot, add lemon juice and chill.

Cracker Panada.

Three or 4 crackers; 1 quart water; sugar; salt. Break the crackers into pieces and bake brown. Boil 15 minutes in the quart of water and let stand 3 or 4 minutes. Strain through a fine wire sieve, add salt and a little sugar.

For infants that are teething this is a nourishing beverage and for invalids recovering from a fever is often prescribed with the addition of a little wine and nutmeg.

Flaxseed Tea.

One tablespoon whole flaxseed; sugar; 2 cups cold water; juice 1 lemon. Thoroughly wash flaxseed. Put into sauce pan, add cold water and let simmer 1 hour. Add lemon juice and sweeten to taste. Strain. If too thick, dilute with hot water.

Flaxseed and Licorice Tea.

One ounce flaxseed; 1 pint boiling water; 2 drachms licorice-root. Over the flaxseed and licorice-root pour the boiling water and let simmer very slowly for 4 hours. Strain. Excellent in fever cases accompanied by a cough.

Toast Water.

Toast bread as brown as possible without burning. Cover with boiling water and season with salt. Let stand about 1 hour and strain through cheese cloth. Serve hot or cold. May be flavored with orange or lemon peel or a glass of white wine added and grated nutmeg. Valuable in cases of fever or extreme nausea.

Hop Tea.

Take 1 large spoonful of hops, add 1 pint of cold water, let simmer. When sufficiently strong, strain, sweeten and add a tablespoon of gin. This is a quieting drink and most excellent for a nervous headache.

RECIPES FOR THE BABY.

"No particular diet can be recommended for the infant that is so unfortunate as to be deprived of its natural nourishment. What agrees with one is quite unsuccessful with another. Different kinds of diet can only be tested. Children's little illnesses are often the result of food which, in their case, is unassimilating and indigestible, and it is often better to attempt a change of food than to resort to medicines."

—Mrs. Henderson.

Some babies have strong digestive organs and thrive on cow's milk straight and undiluted. Some require it to be diluted with ⅓ water, and some require lime water in addition. Some babies thrive well on goat's milk when they can take no other. It is always safer to consult the physician, but many of them are able only to experiment and succeed in finding the right food only after repeated failures. Whey seems to be the almost absolutely unfailing diet, mixed with cream or top milk when everything else fails. The amount of cream or milk to use with whey should always be prescribed by the physician.

Baby Food.

Junket tablets are especially valuable in preparing food for infants as a means of modifying milk. They are handy in preparing whey and are an aid to digestion in any preparation of milk or cream.

Mrs. Rorer's Recipe for Preparing Infant Food.

Where cow's milk, even when diluted, or partly modified, as in the home fashion, disagrees with the infant, this mixture may be used with good results: Heat 2 quarts of milk to 100 degrees F. Add 2 of Chr. Hansen's junket tablets dissolved in a tablespoonful of cold water. When the milk is congealed and perfectly solid draw through it backwards and forwards an ordinary four-tined silver fork; this will separate the curd. Strain through 2 thicknesses of cheese cloth, saving the whey as this is the part you are to use; add a pint of water, a half ounce of sugar of milk, 3 ounces of cream and 4 ounces of the white of egg. The whites may be dropped into a quart fruit jar, a pint of the whey added, the top screwed on and the jar thoroughly shaken until the whites are well mixed with the whey; then add them to the remaining quantity, and stand at once in a very cold place. This will be given in quantities of from 2 to 3 ounces in an ordinary nursing bottle. This albuminized whey forms one of the most easily digested and valued of all foods for convalescing patients. With the cream and sugar of milk omitted, it may be used successfully in typhoid and kindred fevers.

Whey.

To prepare whey temper fresh milk until luke warm, 85 degrees to 100 degrees F; to each quart add 1 junket tablet dissolved in cold water and stir it in quickly. Leave the milk at rest in a warm place 15 minutes or until firmly thickened. When perfectly firm, put into cheese cloth and drain off the whey. As the butter fat is retained in the curd, and does not go into the whey, skimmed milk will answer the purpose as well as new milk. But whether new or skimmed, the milk must be perfectly fresh, as otherwise the whey is apt to be sour. Cool immediately when the whey has drained from the curd. Use quickly or keep in the refrigerator. Whey may be considered mildly nutritive and very wholesome; if fresh it is readily assimilated by the stomach, requiring no labor to fit it for absorption, and contains in a degree every element of nutrition. Whey is strongly recommended as a most satisfactory food in case of cholera infantum and is far more suitable than any other food preparation as a temporary substitute for milk. For adult invalids whey is a most pleasing and nutritious drink.

Cream and Whey Mixture.

One ounce of cream; 7 ounces of whey; 2 tablespoons milk sugar. The amount of cream will have to be varied with the age and needs of the child, and should be recommended by the physician.

—Crozier Griffith.

Barley Water.

Boil 1½ tablespoons of whole barley in water for 5 minutes, drain off the water and throw it away, then add to the barley 1 quart of water and cook or simmer it slowly down to 1 pint. Remove from stove and strain. It is a substitute for milk in sickness.

Albumen Water.

Dissolve slowly the raw white of 1 egg in a glass of cold water. Strain it only if necessary to prevent clogging the rubber nipple. Sweeten, if desired, and warm it only slightly before giving. This is good as a temporary nourishment when milk cannot be taken.

—Crozier Griffith.

Beef Juice.

Take 1 pound of round or tenderloin steak (free from fat), season with salt and sear over in a hot skillet or broil slightly. Then cut it into small pieces and squeeze out the juice with a fruit press or lemon squeezer. It may be given cold or warmed slightly. It may be sweetened a little.

Sterilized Milk.

Fill small necked ½ pint bottles to within 1½ inches of the top with milk. Cork with absorbent cotton. Stand in a steamer of cold water, having the water to surround bottles to ¾ their height. Heat the water gradually until nearly to boiling point and keep at this temperature for 10 minutes. When used for infants, allow from a teaspoon to a tablespoon for each bottle of milk.

—Boston Cooking School Cook Book.

How to Prepare Plain Junket.

Drop 1 junket tablet and a tablespoon of cold water into a cup and crush with a spoon to dissolve thoroughly. Heat 1 quart of pure milk until luke-warm, about 98 degrees F.—no more; add

sugar and flavor to taste and, if desired, a trifle of 1 of the junket colors. Add the dissolved junket tablet to the luke-warm milk and stir it in quickly. Pour into junket glasses or saucers, or into a large dish. Let stand undisturbed in a warm room until firm. Remove carefully, without shaking, to a cold place or the refrigerator and let stand until time to serve. Serve with or without cream.

Junket for Children.

Prepare as for plain junket; pour into a large pudding dish instead of individual junket glasses; dish carefully in serving so as not to break the jelly too much. If preferred, it can be made without sweetening or flavor and served with sugar and grated nutmeg or cinnamon sprinkled over it. Children will often eat a quantity of this delicious dish, and may be allowed it, as it is very nutritious as well as inexpensive. Milk being the one perfect food for infants, it becomes, when made into junket, the ideal health food for growing children. No other food contains so much true nourishment in proper proportion, or is so easily digested.

—Miss Crane.

Junket Tablets

JUNKET is now universally appreciated as a Dainty, Delicious Dessert, a Perfect Food for children and invalids; an Ideal Health Food for young and old, rich and poor, sick and well.

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See Recipes for Junket Tablets in Chapters XVI and XXV in this Book.

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CHAPTER XXVI.

HOUSEHOLD HINTS.

"Little drops of knowledge,
Little grains of sense
Solve the mighty problem
Of the home expense."

Cooking Hints.

When making gravy, remove the pan from the fire while the thickening is being stirred in, and when smooth return to the fire to cook. This will prevent lumps forming. Cook at least 10 minutes longer to cook the flour.

Add a little sugar when making pie crust to make it crisp and brown.

If you put a piece of horseradish root into a jar of pickles, the vinegar will retain its strength longer and the pickles will be less likely to become soft and mold.

To keep potatoes warm after pouring off the water and shaking, cover the potatoes with a folded towel.

When vegetables such as parsnips, carrots, string beans, etc., are boiling, drop in a pinch of soda; pour off the water and replace with boiling water. Will make the vegetables more tender.

Washing and Ironing.

If a few drops of glycerine be added to the starch for linens, it will be found that the iron will not stick and the linen will have a beautiful gloss after being ironed.

Rusty flatirons should be rubbed over with beeswax and lard or beeswax and salt.

Fine laces and sheer handkerchiefs may be laundered like new without being ironed. Wash in suds by squeezing in the hands. Rinse, and if desired, dip in a thin starch. Have the inside of a

window pane perfectly clean and spread articles out on the glass, smoothing out every wrinkle. It will stick to the glass and dry in a short time. Fine lace work should never be ironed.

When starching black wash dresses and petticoats add bluing enough to make the starch a deep blue.

If the button side of waists is ironed in a folded bath towel, buttons turned downward, they will be prevented from breaking and are more easily ironed.

If cloth is scorched when ironing, dip immediately in hot water.

Stains—To Remove Stains From White Cloth.

Fruit stains: Pour on boiling hot water.

Cocoa and blood stains: Soak in cold water.

Ink stains: Rub spot with salt, then wet with ammonia.

Grass stains: Rub with butter or molasses.

Car grease: Rub with laundry soap and wash in kerosene.

Ink stains from fountain pen and iron rust: Rub with lemon juice, sprinkle with salt, then lay in the sun.

Paint stains: Rub with turpentine or benzine.

Coffee stains: Rub with glycerine.

Alcohol will remove candle grease.

If you should accidentally sit on sticky fly paper, apply gasoline.

Rub grease stains on hard wood floors with soda.

Rub spoons with common salt to remove egg stains.

Rub mildew marks over with a piece of raw tomato. Sprinkle with salt and lay in the sun. Repeat the process, if necessary.

Vermin.

For moths, dissolve ½ pound gum camphor in 1½ gallon of benzine and use freely with an atomizer.

Oil of red cedar is good to drive away mosquitoes, moths and ants. Soak in wads of cotton.

To keep ants out of a refrigerator, fill baking powder can covers with water and place under castors. Cut a piece of newspaper a little larger than bottom of your sugar crock and place on a sheet of sticky fly paper. Put your crock on this and your sugar will be free from ants.

A small quantity of green sage placed in the pantry will keep out red ants.

Fill rat holes with laundry soap or cayenne pepper.

Allspice freely used will kill buffalo bugs.

This ant remedy is guaranteed to succeed when all others fail. Mix 1 teaspoon tartar emetic, 1 teaspoon sugar with ¼ cupful of water, put in saucers and set saucers around in the cupboard.

Remedies.

The juice of ½ a lemon squeezed into a glass of water, taken in the morning without sugar, is a simple remedy for torpid liver.

Lemon juice mixed very thickly with sugar will relieve a tickling cough.

For sore throat, gargle with 1 part alcohol and 3 parts water.

Dip a woolen cloth in alcohol, wring out, and place on the chest to relieve croup.

Keep on hand Hydrogen Peroxide for cuts, and Carbolated vaseline for bruises.

Rubbing bruises after applying ointment will prevent swelling.

Soaking feet in hot water and salt relieves tired nerves.

For chilblains, rub the parts affected with brandy and salt.

The raw white of an egg applied to a burn will take out heat.

Ammonia applied to the bites of insects, such as fleas, mosquitoes, etc., will stop the itching at once.

One tablespoonful of olive oil after each meal will increase the flesh.

Miscellaneous.

Turpentine mixed with stove polish prevents rust and gives a brighter gloss than the use of water.

In packing white lace or white silk waists or gowns, if you wish them to remain perfectly white, wrap in light blue cheesecloth or tissue paper and place in a box.

If you have no ice and want to cool hot water in a short time, put the water in an air-tight jar and place under cold running water. It will be ice cold in 20 minutes.

A large case, similar to a pillow case, made of unbleached cotton, for mattresses that can be taken off and washed, saves much time in cleaning them.

To make false hair puffs, switches and pompadours look like new, wash in gasoline and rinse in clean gasoline; hang in open air to dry.

To dry lettuce quickly and make it crisp, wash and place in a thin cloth and shake in the open air.

Use a clothespin instead of a stick, when stringing nasturtiums or sweet peas.

Save broken gas mantles. They make fine silver polish.

If blankets are too short during the cold weather, sew a piece of canton flannel to one end for the "tuck in."

To remove adhesive plaster, wet with alcohol.

A mustard plaster mixed entirely with white of egg will neither scar nor blister.

To color curtains ecru, buy a little yellow ochre. Pour boiling water on the ochre and mix in starch.

Use kerosene in water to clean window glass and painted woodwork.

Use a little ammonia or alcohol in the water to clean glass of pictures, etc.

Place a thimble or the finger of an old glove on the end of the curtain rod when running it through a freshly starched curtain.

To keep a broom firm, before using it soak in boiling hot water or soapsuds for ½ hour.

CHAPTER XXVII

THE HOTBEDS AND COLD FRAMES OF A KITCHEN GARDEN

"Who loves the Garden loves the Greenhouse, too."

—COOPER.

The kitchen garden is the housewife's constant friend, so why not make an effort to begin early with a hotbed and a little later with a cold frame, thus securing the delicious young vegetables ahead of the markets and our neighbors, provided they are not as thrifty as we? Think of the pleasure of taking them some crisp heads of lettuce, some tender radishes, or some juicy rhubarb for their Christmas dinner. With the hotbed this is made quite possible.

The hotbed may be started about December first, and for the benefit of our friends who have had no experience in this mode of gardening, we will give a few dimensions and suggestions for making, culled from "The Garden Magazine."

First, choose a spot having a southern exposure, well protected from the north and west winds, and where the natural drainage is away from the bed.

Dig out a space the size of frame so that when the frame is set up the interior space is four feet deep. Posts 2x4 set firmly in each corner and at intervals on each side serve as supports for the frame.

The dimensions of a practical frame are 9 ft. 2 in x 5 ft. 6 in., 2 feet high in the rear and 18 inches high in front. Two strips across the top serve as rests for the sash, which in buying the commercial size (3x6), requires three. Now for the bed. The heating material is composed of fresh horse manure about 3 feet in depth. Drench well with water, then close frame for a few days in order to heat thoroughly. After this process the soil (which is equal parts of good sifted garden loam and well rotted manure) is thrown

in to the depth of 4 or 5 inches. The frame must be well protected on the outside from frosts and cold weather by banking with manure and straw.

The temperature during ordinary weather should be from 50 to 60 degrees, but in cold or stormy weather the glass should be covered with burlap, matting or straw. Should the temperature rise to 85 degrees or more, this must be regulated by raising the sash a little with small blocks of wood kept for that purpose. A general rule to follow is, open the sash on pleasant mornings about an hour after sunrise, and close 1 or 2 hours before sundown. On cold, stormy days it is best to let the bed alone.

After planting seeds, sprinkle with luke warm water along the rows; keep moist, but not wet. Lettuce, radishes, onions, carrots, spinach, parsley, rhubarb and asparagus should be put in first and planted in succession in order to keep the table supplied.

The cold frames are generally used later. Transplanting the plants from the hotbed, cabbage, cauliflower, tomatoes, melons, cucumbers, etc., are started ready for garden transplanting, or left in cold frames to mature, provided there is space enough.

The cold frames are not made with as much heating material as the hotbed—a good rich loam will answer the purpose. An excellent article on how to manage a cold frame is given in the March 1907 number of "The Garden Magazine," to which we refer any interested, as lack of space forbids more on this subject.

Rhubarb can be forced any time after December 1st in the hotbed or warm cellar where the light and heat are good. The roots should be slightly frozen before taken up. Bring in and place on the cellar floor covered until thawed out; they are then ready for planting. If not planted in the hotbed, plant in good rich soil in boxes, using broken crocks or cinders for drainage, and cover the tops with about 3 or 4 inches of soil. Care must be taken not to water the leaves, yet keep the ground moist. The temperature required is only 50 or 60 degrees. With care, there might be a rhubarb pie for the New Year's dinner.

March is the month to think of the outdoor garden, also planting of seeds in the hotbed for this garden when all danger of frosts is over. Tomatoes, eggplants, cabbage, cauliflower, celery, peppers, even cucumbers and melons may thus be given an early start, which enables one to have many good vegetables before summer droughts deprive us of much, and cause us to think it was love's labor lost.

However, it is worth trying for the joy it brings in; the early season fully compensates us for later losses, when the rains will not descend to warrant plenty of vegetables for the winter.

THE KITCHEN GARDEN.

"Now 'tis the spring, and weeds are shallow-rooted;
Suffer them now and they'll o'ergrow the garden,
And choke the herbs for the want of husbandry."

—SHAKESPEARE.

How eagerly we look forward to the first green stuff from the garden in the spring! While the radishes, onions, lettuce, spinach, etc., are still in the hotbeds safe from frosts, up comes the hardy rhubarb and asparagus in defiance of the hoary King. How hard it is to have 1,000 asparagus plants, and have to wait until the third year before you can cut all you want of it! Next comes the juicy onion sets, and the greens in quick succession, and berry time has arrived. That means a celebration, for the strawberries out of our own patch are always the sweetest we ever ate. Then comes the peas, and beans and tomatoes and golden August brings the sweet corn, when there are corn roasts and corn is dried for winter. September brings the melons! There's a wrenching of the heart and stomach if one has to be away in melon time! Then the grapes have to be eaten and canned and made into grape juice, jellies, etc. Now comes a hint of frost and everything is gathered into the big cellar and stored for future use.

So in seed time and harvest, all through the cycle of the months we are continually reminded of the useful kitchen garden.

Vegetables are divided into several different classes.

Under pot herbs or greens comes: Asparagus, cabbage, cauliflower, brussels sprouts, swiss chard, spinach, beet, kale, mustard, dandelions.

The sweet herbs are: Summer and winter savory, thyme, sage, mint, parsley, tarragon, sweet marjoram.

The salad plants are: Lettuce, radish, celery, water cress, pepper grass, curled cress, endive, dandelion, corn salad, chicory, cardoon, borage, garden sorrel, chives and mustard.

The seeds and fruits are: Peas, corn, cucumbers, egg plant, okra, musk melon, watermelon, pepper, pumpkin, squash and tomato.

The vegetable roots which can be stored for winter are: Beets, carrots, celeraic, horseradish, Jerusalem artichokes, kohlrabi, parsnips, potatoes, rutabagas, salsify, scolymus, scorzonera, white turnips, winter radish, leeks, onions and garlic.

The garden would not be complete without: Strawberries, raspberries, blackberries, currants, gooseberries, and grapes.

The flavor of kale is improved by freezing.

Scorzonera much resembles salsify and the roots are prepared and eaten exactly the same way.

Celeriac is a variety of celery that has edible roots instead of leaves. It is used for soups, stews and salads.

The leaf of borage is used in any way in which cucumber is used as a flavoring, for the taste is identical.

Endive, when well grown, must be tied up on a dry day, so the hearts will be blanched.

When cutting sweet herbs for drying, the leaves must be picked just before blossoming time and when the sun is shining.

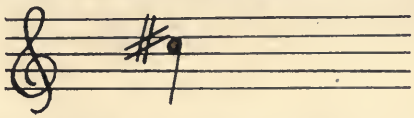
Brussels sprouts should be started in the hotbed and set out later, for frosts often kill them before they have matured. They require 150 days.

Sow corn salad out doors in September, cover lightly with litter, and you will have a salad from the garden in March or before snow melts.

Mustard is a welcome salad in late fall and can be raised from seed sown in August. Mustard for salad is ready in 10 days; for greens, about 30 days.

Spraying with ice cold water and protecting from sun will nearly always save a slightly frozen plant.

We are indebted to the Garden Magazine for our information.



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CHAPTER XXVIII.

TABLE ETIQUETTE AND MENUS

"The true essentials of a feast are only fun and feed."
—HOLMES.

SETTING THE TABLE.

In setting the table let this rule be followed first, last and all the time—have the table linen spotlessly white and of the finest quality that you can possibly afford to buy. The chief charm of any table lies in its neatness and daintiness. It is much better economy to buy firm, fine, thick table linen even if the cost is higher, than to buy the coarse, loosely woven, thin linens as the latter do not wear nearly as long. Always use a thick table pad of material which comes for this purpose (the thicker the better) under the tablecloth. This pad should extend 3 or 4 inches over the table all around as it thus prevents the tablecloth from wearing out where the edge of the table comes. This pad is called a "silencer" as it deadens the noise and makes a more refined table. It also protects a handsome polished wood table. Table linen should not be starched. For the family alone, have the table as spotless as for company. Generally it is only at meal time that the entire family is assembled together, and the refining influence of home can be taught in no surer or better way than by neatness and daintiness of table and cheerfulness and good manners at table. Leave all care, worry and anger outside of the dining room. This should be the happiest place in the home, as it is the most necessary. Be perfect in table deportment always. I would say to young parents that one of the most important lessons which they should teach their children is perfect table manners, and to require of them always to be particular even when only the family is present, then when company comes there will be no fear that Johnnie will stick his fingers in the pickle dish or that Susie will take her pie up in her hand to eat. The handling of the knife and fork when using

and the proper placing of them on the plate when through, stamp the seal of early training and good breeding wherever it is seen. It is said that the Empress Eugenie of France was so punctilious about table etiquette that she never invited a gentleman a second time to dine who more than half unfolded his napkin or placed it other than over his left knee.

Square, oblong or round tables are used, but the latter lend themselves better for effects in table decorations and show off a good dinner to the best advantage. A round table top of pine, hinged in the center so as to fold when not in use, is very convenient to place on the dining table to enlarge it. A top measuring 7 feet in diameter will seat 12 people, the rule being to allow 20 inches to a person. It is good form to use either a round or square tablecloth for a round table.

The service plate, knives, forks, spoons, glasses and napkin for each guest constitute the Cover. The service plate should be the handsomest plate you have and should be 10 inches in diameter. It is placed on the table before dinner is announced, and is left on until the meat course. Although the *dernier cri* concerning this plate is that it be left on the table through the dinner until the dessert. It is good form to do either. On the right of the service plate place one, two or three knives as may be required for fish, meat and game, with the sharp edge toward the plate and in the order in which they will be used, beginning at the outside. At the right of the knives place the soup or bouillon spoon and at its right the small fork for oysters or canapés. The forks should be placed at the left of the service plate with the ice cream or dessert fork next to the plate, then the salad fork, game fork, large fork for the roast and the fish fork at the extreme left. Place spoons for sherbet and coffee above the service plate. If a spoon is used for ice cream or dessert instead of a fork, place it above the plate. Above and at the right of the plate place the goblet for water and arrange wine glasses just beside and a little back of the goblet. If there is room, place the napkin at the left of the forks with a roll, or thick piece of bread cut narrow and with the crust removed, between the folds. If there is not room, place it upon the service plate. Dinner cards containing the name of the guest should be laid upon the napkin. Individual dishes for salted nuts should be filled and placed above the forks at the left of the service plate.

Dinner cards may be decorated in any dainty way to match the general scheme of decoration, but those most used at present are plain white cards with the monogram or crest of the hostess

in gold at the top. Menu cards are seldom, if ever used, at private tables now. If one has pretty little dishes of silver or Venetian glass they may be filled with salted nuts, and candy or confections, generally tinted the color of the decorations and placed on the table. Butter plates are not used for dinners. Finger bowls are not used as much as formerly. When used, they should be put on a small plate on which has been placed a dainty doily. They should be half filled with water on top of which floats a geranium leaf or a sprig of lemon verbena as these leave a pleasant odor on the fingers. Never require two guests to use the same finger bowl. Extreme simplicity combined with artistic effect is the rule at present for table decorations except for special occasions when one can let their fancy run riot as it is understood by the guests that it is for the occasion only. The day of profuse use of ribbons has gone by. Flowers, ferns, fruits or softly shaded candles together with sparkling glass, shining silver and snowy linen makes a beautiful, aesthetic picture. Flowers may cost more than their weight in gold if orchids are used, or they may be plucked in the woods or by the wayside and be equally beautiful and attractive. Thirty-six guests at a charming breakfast party were seated at round tables in three different rooms. One table was gorgeous where a center piece of bright pink roses formed the color note. Brilliant yellow daffodils adorned another table, but the third and by far the most beautiful table contained a large cut glass bowl filled with the roadside flower called "Queen's Lace Handkerchief," its dainty white blossoms beautiful as the cobweb affair which such a handkerchief is supposed to be, with maiden hair ferns nothing more exquisite can be imagined. It cost the hostess only a pleasant trip to the outskirts of town where she found plenty to be had for the picking. The beautiful field daisies grow wild nearly all summer. Placed in cut glass bowls and used with gold banded china they make most attractive table decoration. If one has a beautiful center-piece of lace or embroidered linen it may be placed on the tablecloth under the bowl, vase or basket containing the flowers, and table mirrors are also used. Floral decorations should be low when guests are to be seated, but high effects may be used when guests stand. Be careful and do not have the illumination too brilliant; softly shaded lights or candles are more becoming and in better taste.

Serving.

When everything is ready the hostess very quietly announces the fact to those nearest to her and together they start towards the dining room, thus giving the signal for the others to follow. It is extremely bad form for the host to announce in stentorian tones to the assembled company that "dinner is served," as this should be done by the butler alone, and his place should not be usurped. In this country where few people keep a butler, this public announcement should be omitted. The seat of honor for ladies is at the right of the host and for gentlemen at the right of the hostess. When all have been seated the serving should proceed as quietly as possible, and no matter what may happen or what accident may occur, the hostess should never betray any nervousness, nothing is more distressing to guests than to see a hostess ill at ease and anxious. Plates, whether filled or empty, should always be placed upon the table from the right side of each person and removed from the same side, but all platters or dishes to be served from, should be presented at the left side. The tray is not now used in passing and removing plates but instead, a squarely folded napkin is held by the waiter under the plate. The hostess should always be served first. Do not remove all of the plates at the end of a course before serving the following course, but instead, a plate for the next course should be exchanged for the one which has just been used, thus leaving a plate continually in front of each person. Remove and serve only one plate at a time, never pile plates upon each other. The crumb scraper is seldom used at formal dinners, but if necessary, it should be just before the dessert. The waitress should be gowned in black with stiff white collar and outside cuffs, a white apron with bretelles over the shoulder trimmed with lace or embroidery or simply hemstitched, and a little cap or bow of white muslin on the head. Unless a professional caterer is engaged the menu should be plainly written out by the hostess, together with a list of dishes to be used, and pinned up in the kitchen so as to avoid confusion or forgetfulness on the part of the cook.

The Formal Dinner.

The formal dinner party is the most ceremonial function which can be given. Some of the courses are arranged on the plates before being brought to the dining room, other courses are artistically arranged on platters, garnished and passed, the necessary forks and spoons for serving them lying on the top a little to one side. Oysters or clams should be served on the half shell for a formal dinner. If canapés are used they take the place of the oysters or clams and should be arranged on small plates before being brought to the table. The soup or bouillon is usually served in the soup plates or bouillon cups before being brought in, the soup tureen is not generally used for formal dinners. The fish, meat, game, salad and dessert may be served according to the desire of the hostess, either by having the plates filled and garnished in the kitchen or from a beautifully garnished platter at the table. The latter way is most popular as there is much attention paid to garnishings at present. Sherbet follows the meat course or is served with it. It is served in fancy glasses. It is quite customary to serve a vegetable salad with the game and only vegetable or fruit salads should be served at a dinner. The lighter and more simple the salad for a dinner, the better. Fruit should be arranged and passed in a fruit dish or comport. Cheese with Bar le Duc currants and wafers are appropriate at both dinners and luncheons. Nuts and raisins are not used as much as formerly at dinners. Coffee should be clear and strong, served in small cups from the kitchen or poured at the table by the hostess. The cup should be placed at the right hand of the guest and cream and sugar passed on a small tray at the left. Sauce dishes should not be used at formal dinners, all vegetables should be served dry and taken upon the plate. It is quite customary to serve the coffee in the drawing room after dinner, instead of serving it at the table, in which case it is brought in with the coffee service on a tray and poured from the coffee pot either by the hostess or maid. Salted nuts are eaten during the dinner and candy or confections passed after the last course. It is not fashionable now to have more than six or eight courses at the most formal dinners. The old days when twenty and even twenty-five courses were served, and the hospitality of the host was reckoned by the number of hours which he kept his guests at table, have gone, let us hope never to return. Dinners should be served expeditiously, but without seeming haste. Each course should be ready on time, a dragging dinner is tiresome. At the close of the dinner the signal is given by the hostess

pushing her chair back from the table, the others rise and follow her into the drawing room. Sometimes the gentlemen remain in the dining room to enjoy cigars or cigarettes, the ladies going alone to the drawing room, but if a host has a smoking room all leave the table together, the gentlemen then following the host for a smoke in his own territory.

In serving wines, three different kinds are enough for the grandest occasions. Sherry or madeira with the soup or fish, champagne with the roast, claret or any red wine with the game. If one wishes wine with the dessert use port, burgundy or any fine wine. Very small glasses of liquors such as crême de menthe, apricot brandy or benedictine, are often served at the end of the dinner after the coffee. If champagne alone is used, begin to serve it with the meat course.

Unfermented grape juice is an excellent substitute for those whose conscientious scruples do not allow them to serve wine. No one need hesitate to give dinners without wine. Public sentiment has grown so strong on this question that it forbids criticism as to the propriety of omitting it. Dinners without wine are considered in as good or better taste, by many sensible people, than with it.

Dinner.

"All history attests
That happiness for man, the hungry sinner,
Since Eve ate apple, must depend on dinner."
—Lord Byron.

Formal Dinner I.

FIRST COURSE.

Blue Points on Half Shell — Crackers
Lemon — Horseradish

SECOND COURSE.

Consommé — Puffed Paste Fingers
Fringed Celery

THIRD COURSE.

Baked Trout — Egg Sauce — Potato Balls
Thin Bread and Butter Sandwiches
Sliced Cucumbers with French Dressing

FOURTH COURSE.

Fillet of Beef — Mushroom Sauce
Spaghetti à la Ellery — Asparagus Loaf
Roman Punch.

FIFTH COURSE.

Reed Birds on Toast — Tutti Frutti

SIXTH COURSE.

Tomato Aspic Salad — Mayonnaise Dressing
Wafers — Olives

SEVENTH COURSE.

Charlotte Russe Garnished with Red Maraschino Cherries

EIGHTH COURSE.

Cream Cheese — Bar le Duc Currants — Water Thins
Coffee
Salted Nuts served through the dinner

Formal Dinner II.

FIRST COURSE.

Anchovy Canapé

SECOND COURSE.

Chicken Tapioca Soup — Croûtons
Radishes — Celery

THIRD COURSE.

Baked Salmon with Creole Stuffing
Potatoes, au gratin — Rolled Bread and Butter Sandwiches

FOURTH COURSE.

Roast Lamb with Mint Sauce
Glacéd Sweet Potatoes — Peas in Timbales
Pineapple Ice

FIFTH COURSE.

Quail à la Maître d' Hôtel — Currant Jelly

SIXTH COURSE.

Cauliflower Salad — French Dressing
Cheese Straws — Olives

SEVENTH COURSE.

Peach Melba — Fancy Cakes

EIGHTH COURSE.

Fruits — Coffee — Confections
Salted Nuts served through the Dinner

The Informal Dinner.

"We'll have some half a dozen friends,
And there an end."

—ROMEO AND JULIET.

The informal dinner is served much like the formal dinner, except there is more served at the table. The hostess often serves the soup from a soup tureen placed before her on the table. Fish or meat may be carved by the host. Vegetables need not be served dry, but if moist the dish containing them together with saucers may be placed upon a tray and passed to each guest to serve himself. The hostess usually makes the salad at the table, but it is very attractive for the host to perform this duty provided he can make a good salad. The hostess serves the puddings and the host the pies, if they are served at the table. The informal dinner should really be *en famille* and should be served thus every day by the good housekeeper. Fewer people are invited at a time to the informal than to the formal dinner.

Informal Dinner I.

FIRST COURSE.

Salpicon of Fruit

SECOND COURSE.

Oyster Cream Soup Toasted Bread and Butter Sandwiches
Celery

THIRD COURSE.

Crown Roast of Lamb, with Mashed Potatoes in Center
Creamed Cucumbers Hot Rolls
Currant Jelly

FOURTH COURSE.

Lettuce and Water Cress Salad, French Dressing
Wafers Olives

FIFTH COURSE.

Lemon Pie with Meringue Top. Cheese
Coffee

Informal Dinner II.

FIRST COURSE.

Cream of Tomato Soup Bread Sticks
Celery

SECOND COURSE.

Chicken en Casserole Potatoes on Half Shell
Rice Ring with Mushrooms in Center
Parker House Rolls Pickled Peaches

THIRD COURSE.

Fruit Salad served in Orange Skins, garnished with Nasturtiums
Mayonnaise Dressing Ripe Olives
Thin Bread and Butter Sandwiches with Cream Cheese Filling

FOURTH COURSE.

Maple Parfait Angel Food
Coffee

Luncheon.

Luncheon is served like dinner and a formal luncheon varies but slightly from a formal dinner. Oysters are served cocktail style, canapés are used also in place of oysters as at dinner. Soup is often omitted and the meat course is not as heavy. Luncheons are usually for ladies only, and the fair sex is not supposed to enjoy the hearty food which the stern sex demands. The time of day also calls for lighter food than can be served at the dinner hour. If one has a handsome table, by all means let it be bare for luncheon, using doilies in place of a tablecloth. This gives the hostess a chance to display many treasures of her linen chest not otherwise seen. Doilies may be of costly lace, lace and linen, embroidered linen or hand crochetted lace. The latter is very fashionable and if one is handy with her hook, a most beautiful set can be made with very little expense. A set of doilies should consist of one dozen plate doilies about 13 inches in diameter, one dozen 8 inches in diameter for cup and saucer, one dozen 5 inches in diameter for tumblers, a center-piece to match, two or four doilies about 15 inches in diameter to use under bon bon dishes and other dishes. If one has not a handsome table it is much better to use a fine damask cloth. Colored cloths with napkins to match are sometimes used at luncheons. Fruits are used more at luncheon than at dinner. A salpicon of fruit or fruit soup is very nice for the first course instead of oysters or canapé. Hot rolls are generally served with the meat or game course; they are buttered in the kitchen before sending to the table. Coffee is also served with this course. Great latitude is allowed as to the number of courses served at luncheon and a simple luncheon is quite as good, or better form, than a very elaborate meal. Many hostesses darken the dining room and use artificial light for luncheon parties, but this fashion is waning.

Luncheon I.

FIRST COURSE.

Strawberries with Hulls Powdered Sugar

SECOND COURSE.

Cream of Spinach Soup Puff Paste, Pretzel Shape

Olives

THIRD COURSE.

Creamed Shrimps in Baked Green Peppers

White Bread Sandwiches

Cucumbers cut in halves lengthwise, scooped out, filled with Chopped Celery, Cucumber Slices, Raisins, with French Dressing

FOURTH COURSE.

Sweetbreads on Toast Baked Tomatoes Stuffed with Macaroni

Glacéd Sweet Potatoes Hot Rolls Coffee

FIFTH COURSE.

Peaches cut in halves and filled with Chopped Nuts. Mayonnaise Dressing over them and surrounded with Balls scooped out of Nutmeg Melons

Bread Boxes filled with Cheese Soufflé

Crackers with Bar le Duc

SIXTH COURSE.

Nesselrode Pudding frozen in large Melon Mold

Fancy Cakes

Salted Nuts and Confectionery

Luncheon II.

FIRST COURSE.

Caviare Canapé

SECOND COURSE.

Fruit Soup Athena Wafers

THIRD COURSE.

Sweetbread Croquettes French Peas
Ribbon Sandwiches

FOURTH COURSE.

Jellied Chicken New Potatoes, Creamed
Cauliflower with Hollandaise Sauce
Hot Rolls Orange Marmalade Coffee

FIFTH COURSE.

Cucumber and Tomato Salad French Dressing
Wafers Olives

SIXTH COURSE.

Rose Punch with Whipped Cream and Candied Rose Leaves
Sponge Cake Patties
Salted Nuts and Mint Paste Candy

Breakfasts.

"Dinner may be pleasant;
So may social tea;
But yet, methinks the breakfast
Is best of all the three."

—ANON.

Breakfast parties make a pleasant variety in the way of entertaining. The hour for breakfast parties varies from 9 to 12 o'clock. In some cities they are given as late as 2 in the afternoon. An early hour is preferable as otherwise guests are obliged to retain their strength by eating first at home and then a fine breakfast would not be enjoyed. Eight or 9 o'clock is perhaps the best hour. Macauley, the historian, was very fond of breakfast parties and in praising their merits said, "Dinner parties are mere formalities, but you invite a man to breakfast because you want to see him." Four courses are usually enough for breakfasts. Fruit or melons, fish, a light meat or game course with two vegetables and accessories and lastly a dessert of shortcake, waffles or something appropriate to the meal. At breakfast parties the silver service for tea and coffee remains on the table all the time, otherwise the breakfast is served like dinner. Soup and salad should not be served at a breakfast.

Breakfast I.

FIRST COURSE.

Muskmelon Baskets Filled with little Watermelon Balls Soaked in Sherry and Iced

SECOND COURSE.

Little Fried Smelts Garnished with Shrimps and Olives
Thin White Bread and Butter Sandwiches

THIRD COURSE.

Fried Spring Chicken with Cream Gravy
Mashed Potatoes, Riced Breakfast Puffs
Coffee

FOURTH COURSE.

Omelet with Green Peas

FIFTH COURSE.

Waffles with Maple Syrup

Breakfast II.

FIRST COURSE.

Grape Fruit Shells filled with the Pulp, Cherries and Orange Pulp with Brandy Flavoring, Iced

SECOND COURSE.

Codfish Croquettes with Cream Sauce
Thin Sliced Cucumbers and Radishes cut in Roses

THIRD COURSE.

Frenched Lamb Chops with Paper Frills Peas
Union League Potatoes Feather Muffins
Coffee

FOURTH COURSE.

Individual Strawberry Shortcakes with Whipped Cream

Gentlemen's Suppers.

Gentlemen's suppers resemble ladies' luncheons in their exclusiveness as to sex. The food should be heavier. Gentlemen enjoy more hearty and less dainty food while ladies enjoy more dainty and less hearty. Fish, meat and game are all generally included in gentlemen's parties.

Gentlemen's Fish Supper.

FIRST COURSE.

Raw Oysters Served in a Block of Ice

SECOND COURSE.

Clam Bouillon Wafers

THIRD COURSE.

Planked Shad with Roe Dressing, Garnished with Smelts
Potato Balls Fried Brown Brown Bread Sandwiches

FOURTH COURSE.

Lobster Cutlets, Hollandaise Sauce
Sliced Tomatoes with French Dressing

FIFTH COURSE.

Broiled Chicken, Mushroom Sauce Spinach
Sweet Potato Croquettes Hot Rolls
Champagne Punch

SIXTH COURSE.

Salmon Salad Garnished with Shrimps
Mayonnaise Dressing
Toasted White Bread Sandwiches

SEVENTH COURSE.

Maraschino Bavarian Cream with Fresh Strawberries
Fancy Cakes

EIGHTH COURSE.

Water Crackers Cheese
Coffee

Gentlemen's Game Dinner.

"From this day forward I'll hate all breakfasts and depend on dinners."

—Beaumont and Fletcher.

MENU.

FIRST COURSE.

Oysters on the Half Shell Horseradish Lemon

SECOND COURSE.

Claret Consommé Toast Sticks

THIRD COURSE.

Terrapin à la Maryland Saratoga Chips

FOURTH COURSE.

Fillets of Teal Duck à la Pontchatrain, Served with Spinach

FIFTH COURSE.

Saddle of Venison with Currant Jelly Stuffed Potatoes
Brussels Sprouts Crême de Menthe Ice

SIXTH COURSE.

Pigeons en Casserole with Asparagus on Toast

SEVENTH COURSE.

Grape Fruit Salad Water Thin Crackers

EIGHTH COURSE.

Toasted Wafers Roquefort

Coffee

Receptions, Teas and Card Parties.

For receptions and card parties only light refreshments should be served, but for wedding receptions and ball suppers three courses are not too many. At a reception in a large house, coffee or chocolate with a salad and sandwiches are often served in the dining room, and ices and small cakes in another room from a small table. This is an excellent plan in any house where a large company is invited as it relieves the pressure in the dining room.

Five o'clock Tea is the most simple and inexpensive form of entertainment and it is also one of the most attractive. People who are not wealthy can in this way repay their social obligations most charmingly. An afternoon tea is not a meal, simply a delicious cup of tea with small thin bread and butter sandwiches with or without a filling, small cakes or cookies and if one wishes, a few confections. Sometimes a glass of sherbet is served. The serving may be done in the dining room or the tea table may be placed in the parlor where the hostess receives her guests seated at the table and brews a good cup of tea while she chats with them. The English generally serve toasted muffins and marmalade with tea. "At Homes" and "High Teas" are the same as "Five O'clocks."

Menus for Card Parties.

I

Chicken Salad with Mayonnaise — Plain Sandwiches
Coffee — Olives
Grape Juice Sherbet — Salted Almonds
Little Cakes

II.

Oyster Patties — Pickles
Mixed Ice Cream — Thin Cookies
Chocolate

Wedding and Ball Suppers.

I.

Chicken Croquettes — Peas in Timbales — Saratoga Potatoes
Sweetbread Salad with Mayonnaise
Cheese Sandwiches — Coffee
Ice Creams frozen in forms of Fruit or Flowers
Cocoanut Balls — Salted Almonds
Olives — Bon Bons

For weddings the bride and groom's cakes should be sliced thin and one slice of each either tied together with white ribbon or packed in little boxes, should be given to each guest to be carried home

II.

Bouillon — Waferettes
Creamed Sweetbreads with Mushrooms in Cases
Chicken in Aspic with Mayonnaise
Lettuce Sandwiches — Coffee
Italian Cream, Claret Sauce — Cakes
Pistachio Nuts — Opera Sticks

Chafing Dish Menus.

I.

Lobster Newberg — Venetian Egg — Rolls
Chicken Salad — Lettuce Sandwiches — Olives
Lemon Ice — Little Gold Cakes
Chocolate

II.

Chicken Terrapin — English Monkey — Nut Bread
Potato Salad — Chive Sandwiches — Olives
Chocolate Canapé
Coffee

III.

Frankfurt Sausages — Creamed Potatoes — Rye Bread
Cabbage Salad — Sardine Sandwiches — Radishes
Banbury Tarts
Coffee

Fireless Cooker.

DINNER.

Iced Watermelon
Lamb Stew
Boiled Potatoes — Buttered Onions
Sliced Tomatoes — French Dressing
Rice Pudding
Toasted Wafers — Edam Cheese
Coffee

Thanksgiving Dinner.

Our National Birds—The American Eagle, the Thanksgiving Turkey.

"May one give us peace in all our states—
And the other a piece for all our plates."

Have the table decorations in yellow, and carry out this color scheme as far as possible in the courses to be served. For centerpiece take a large fine pumpkin that will stand flat on the bottom. Cut off the upper third, remove seeds and membrane. Stand a tall vase in the center of it and put yellow chrysanthemums in the vase, around it fill the pumpkin with fruit, oranges, apples and allow clusters of white grapes to fall over the edges. Place the pumpkin on a low silver tray and around it put 3 or 4 oranges with the skin cut part way down in quarters and turned back like rose leaves. Add also a few chrysanthemums with their own foliage. This can be passed at the close of the meal for the fruit course.

MENU.

Little Neck Clams

Oyster Cream Soup Wafers Celery

Roast Young Turkey, Chestnut Stuffing, Giblet Sauce

Mashed Potatoes, Squash, Creamed Onions Cranberry Jelly

Chicken Salad served in Orange Skins

Olives Rolled Sandwiches tied with Yellow Baby Ribbon

Mince Pie Pumpkin Pie

Ginger Ice Cream Sunshine Cake

Candied Orange Peel Fruit Mint Candies

Crackers Cheese

Coffee

Champagne Cider Salted Nuts

Christmas Dinner.

The Christmas colors should be used, red and green. A large cut glass bowl filled with holly branches and glowing poinsetta blossoms is an attractive center-piece. The salad should be served in large red peppers. Select fine ones with stems, cut off top, remove seeds, fill with the salad, replace top. The upright stem serves as a handle.

MENU.

Blue Points

Claret Consommé — Bread Sticks Tied with Red Ribbons

Southern Chicken Pie — Potato Puff — Pickled Peaches

Roast Goose with Raisin Dressing, Surrounded with Baked Red Apples with core hole filled with Currant Jelly

Glacé Sweet Potatoes — New Beets, Italian Style

Baked Tomato with Rice

Sweetbread Salad served in Red Peppers

Radishes cut like Roses — Ripe Olives

Lettuce Sandwiches — Christmas Plum Pudding

Wine Sauce made at table in Chafing Dish

Charlotte Russe garnished with Preserved Strawberries

Nuts — Raisins — Stuffed Dates

Cheese — Crackers

Coffee

Picnic Supper.

Fried Chicken — Escalloped Potatoes with Grated Cheese on top

Stuffed Eggs, au Gratin — Sardine Sandwiches

Cabbage Salad in Lemon Cups — Olives

Pineapple Tarts — Honey Drop Cookies

Coffee

Hallowe'en Supper.

Brown Bread Sandwiches — Pumpkin Pie

Doughnuts — Champagne Cider

Raisins — Apples — Nuts

Coffee

German Luncheon.

Thin Slices of Rye Bread, some with Smoked Salmon on top, some with Cheese, some with Cold Meats and some with Frankfurt Sausages

White Wine Soup — Crackers and Cheese

Timbales of Cold Meat and Tomato Sauce

Macaroni à la Italian — Potatoes

Rocks — Apple Sauce

Coffee

Children's Party.

Sliced Cold Turkey or Chicken — Saratoga Potatoes

Peanut Sandwiches — Sweet Sandwiches

Ice Cream Frozen in Different Forms

Little Frosted Cakes with Caraway Candies on top

Cracker Jack — Candy

Lemonade

Ice Box Cake -

2 cakes German chocolate
2½ tb - boiling water
2 level tb. powdered sugar
½ ts. vanilla
Let cool -

} break into - Have melted -

Beat yolks + sugar - and add to above
" whites + " fold in -
2 dz lady fingers - Layer fingers then Sauce - etc in paraffine lined bread tin -
Serve with whipped cream + Cherries -

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